

2008 Junior Olympics and Junior Female National Championships

WHAT TO BRING TO THE NATIONAL CHAMPIONSHIPS

WORKOUT CLOTHES: You'll have a light workout on days you're not scheduled to box, or if you're having problems making weight.

TRAINING EQUIPMENT: You're expected to bring your own:

1. Running shoes
2. Jump rope
3. Bag gloves
4. Training hand wraps
5. Mouth piece
6. Headgear

STREET CLOTHES: Enough for one week, including a light jacket.

LAUNDRY SOAP: A small box of detergent for washing your clothes.

TOILETRIES: Tooth brush & tooth paste, deodorant, cologne. If you have facial hair, bring a shaving kit. You must be clean shaven before you are allowed on the scale.

PASSBOOK: **You must have your passbook.**
NO BOOK - NO BOX.

MISCELLANEOUS:

1. Camera
2. Walkman tape or CD player with earphones only. NO BOOM BOXES! Earphones will not be worn during meetings.
3. Items to trade or swap, like cards, caps, pins, tee shirts, etc. Boxers from other states like to swap these items. Swapping has become very popular.

NEED MORE INFO: Contact Debbie Holmes: debbie.ref@sbcglobal.net or Andrew Madigan: amadigan@usaboxing.org