



Southside Boxing Academy Fighting COVID Project - Post Lockdown 2020



Anton Quayle – Head Coach Southside Boxing Academy

COVID has been a really challenging time for our club. We have had bills to pay even when the club was closed and we were unable to generate any income.

This funding has helped to save our club, it helped to pay our rent when no one was paying memberships fees. We also used the funding to put in place different health and safety measures.. . on arrival our members have their temperature checked and they need to clean their hands using the hand sanitiser, Glasgow Sport funding helped pay for this.

The funding has helped us to help lots of children and young people during the COVID pandemic. In particular one of our younger members Finn Hunter.. he had a very tough time during lockdown. Finn has been at the club for well over a year now, His mum works for the NHS and I know his was very worried about her when she went out to work during the lockdown.



Left to Right; Tyler, Finn and Anton



Tell us about you;

I'm Finn, I'm 10 years old and from Castlemilk. I have been a member of Southside Boxing Academy for almost 1 and a half years. I like being at the club, the coaches are nice ... I enjoy sparring the most.

Who inspires you the most?

Anyone who is good at Boxing, I like Anthony Joshua, he seems like a nice guy and he loves Boxing.

What did you do with the club during lockdown?

I enjoyed the Zoom videos, I would wake up each day and would know there was a workout to do that day, we did the high plank challenges and I ran a 10k in under 1 hour. When I started with the club I wasn't very fit, now I am fitter and I have gotten thinner because I go to boxing. I used to stand still when I boxed but now I move a lot more.

My mum works for the NHS, she goes to old folks homes to help them. I didn't want her to go out to work, it was scary, boxing was my focus ... it took my mind off it ... I spent time trying to do the boxing challenges, I was able to do the ladder challenge – it felt good when I did it!

After the training the club did the 'place to talk'. I really enjoyed this bit as I got to chat with my friends ... It was good to just talk to each other – we could talk about anything... my mum also took part in some of the boxing sessions and she helped me with a couple of the patterns and skills.

What do you want to achieve in Boxing?

I want to Box and become a Scottish Champion, sometimes I dream about being in my boxing shorts with my boxing gloves on.

