



ALL POWERS
GYM

Interclubs



INTERCLUB FACTSHEET FOR STUDENTS, PARENTS & CARERS

So, your young person comes home from the gym saying 'I want to do an interclub'! Or, perhaps you are an adult student who fancies trying one. To help you understand what this is, what is involved and what to expect, we have put together some guidance.

Q. WHAT IS AN INTERCLUB?

A. An interclub is a friendly, no decision, competition between students from different gyms, during which they spar in the ring in front of spectators from other gyms.

Q. DOES MY CHILD HAVE TO TAKE PART IN AN INTERCLUB?

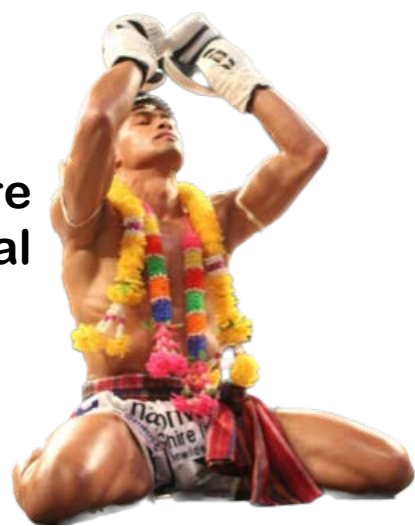
A. No, not all all. There is no pressure for All Powers students to compete. However the option is there if they want to have a go, and our coaching team will make sure they are ready and prepared for the event.

Q. WHAT ARE THE BENEFITS OF AN INTERCLUB?

A. An interclub is a great way for the student to practice their Muay Thai skills on a student from another gym. It allows them to experience the pressure of sparring someone unfamiliar in front of a crowd. It is an effective way for the student to 'test the water' and see if they would like to compete in a decision fight in the future.

Q. WHERE WILL THE INTERCLUB BE HELD?

A. Interclubs are generally held at other Muay Thai gyms, sometimes they may hire a space to host the event, such as a social club or sports venue.



Q. IS AN INTERCLUB SAFE?

A. There is no head contact for under 16's and we can provide body shields for our juniors. Our coaching team will be in the students' corner and if we think that they are getting distressed or upset we will stop the bout. This is a contact sport so there is a high chance that the student may experience an accidental hard shot, but the buzz of competing far outweighs this.



Q. HOW DO I FIND OUT ABOUT UPCOMING INTERCLUBS?

A. The coaches will let the students know of upcoming interclubs in the classes. We have also set up an information WhatsApp group. Please speak to one of the team if you wish to be added to the group.

Q. HOW DO I REGISTER?

A. To register for the interclub you would simply fill in the sign up sheet on the noticeboard at the gym, or scan the QR code through 'Fighthub'. We need name, age, weight (in Kilograms), experience and contact number. *For juniors the weight is the weight at which they walk around. In the interests of health and safety our children are not to cut weight for an interclub.*

Q. HOW MUCH DOES IT COST?

A. Most interclubs charge a small admission fee for competitors and spectators. Please note these are often cash only events and it is a good idea to take coins as the gyms are grateful for change.

Important Info

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Interclubs can be a full day so please be prepared that you may be waiting for a few hours before your bout. The organisers make things run as smoothly as possible but not everyone can go first!

Please ensure that you are on time for the start of the interclub otherwise you may miss your slot and end up waiting until the very end.

As all matches are made based on age, weight and experience please be aware that matches may be made with the opposite sex. This is common in interclubs and certainly does not take away from the experience.

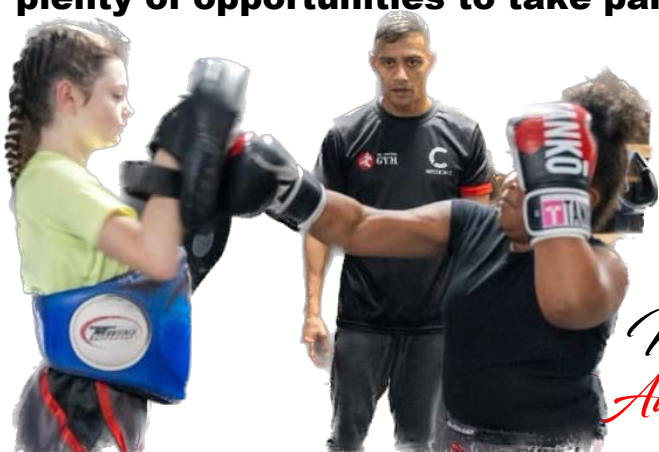
Be mindful that your child, and other participants, may be nervous. Please be supportive and encouraging to everyone, including opponents.

Most interclubs will sell a limited range of refreshments but this isn't guaranteed so make sure you come prepared with water and snacks.

If you have registered your child for the interclub please make sure that you do attend. If you have an emergency and cannot attend please give as much notice as possible so that we can let the organisers know.

Interclubs are a great experience for all and we will always support any students who wish to take part.

We hold at least four interclubs at All Powers per year as well as supporting many other interclubs at other Muay Thai gyms, so there are plenty of opportunities to take part.



*Many Thanks
All Powers Team*

