



TEAM PHOENIX

COMPETITION TEAM

Information Booklet

Contents.

- Welcome to the team.
- Checklist
- Motivating quotes
- A Secular competition team.
- Travel Expenses.
- The fitness test and schedule.



Compulsory reading: (in Articles on the Web Page)

- A History and Overview of Phoenix Fight Team.
- Weight Management & weight Cutting.
- Train your psychology to improve.

Phoenix Competition Team

Introduction: Phoenix Competition Team is the competition arm of Phoenix Gym. Phoenix Competition Team had its first competitors in 1996 and since then has had over 800 competition matches. People training to compete are in FIGHT TEAM. People training compete train far more than everyone in the gym and are people who set goals, have discipline, and place competition as a priority in their life. Ever senior Phoenix student has competed. You really don't know yourself until you learn to take a punch in the face. To even think about competing, you must grade to Level 1 (Level 5 for children) and then have done at least 6 months sparring to ensure you are making an informed decision.

To compete for Phoenix is to be selected in the team. To be in the team requires commitment to Phoenix first. The team second, always turn up for your team. You are the only one in the ring, but we do everything as a team. Be loyal to the club first, support the team. All coaches are part of the team and will be there to help you. You need to be able to work with every coach, as who corners you, and does pads for you may change. We are one unit. People competing next, get the attention. You are there to help others win and when it is your turn, they will help you.

Basic Structure.

- Muaythai Head Coach – Anthony Manning
- Team Coach's – Everyone in the team and previous fighters.
- Team Admin – Tracy Yeomans.

If you want to compete, you need to think about the following:

1. Training & training to compete must become a major priority of your life while competing.
2. Train on a regular schedule enough to be competitive - commit for the year.
3. Pass the 'Competition Team Fitness' test and always be able to pass it.
4. Support other competitors and work as a team for everyone's benefit.
5. Have something else (family, friends, work) in your life and maintain that as well.
6. Sign the Fight team contract.

The coaching and training are mostly as a team. With people who understand competition and all the demands associated with it. You must also keep your own fitness up and train yourself. Many normal gym members just walking around and training in regular classes are ex-team members with State and National titles. The cumulative years of experience at Phoenix dwarfs any single person. Anthony's coaching experience has spanned 25 years+ and includes world champions, and National team coach for the junior and senior teams on multiple occasions. We aim for individual excellence in a teamwork environment.

General Information: Phoenix trains people to be the best they can be. As a part of living a better life. We are training you from day one to be a champion, not just a one-off competitor. A competition is a peak of training and a test of yourself and your preparation.

A Phoenix competitor is not just someone that competes; it is something to be proud of that makes you stronger and more timeless than the competition side of the sport. It is about self and club worth and makes you a part of a team, a club and a group of people who have sweat and bled together. People who understand the real you and how tough the sport and life can be. It is about belonging to something greater than the individual before fighting, when competition and after competition.

The fitness test is only one barrier. Competition Team is about committing to your training and your team for a season of competition. The first step (fitness test) is the easiest. Now you need to stay in the team. Staying in the team requires you maintain the schedule, your program, to be a team member and work towards competing. Competition team means you are in the team, training to compete, but it does not mean you compete. We will discuss any potential competition on its merits and timing. The effort you put into training does contribute to the effort the coaching team put into coaching you, matching you and developing you to compete at your potential.

The training program for Competition Team is compulsory; training to competition is demanding and difficult as the sport is the toughest in the world. The first step is to develop your training habits, mental toughness, and discipline. How well you compete will be built on how well you train.

You **MUST** get a training handbook and monitor your training, how you feel, your weight, take notes on what you learn, what you do well and what you need to work on. Take positive notes on what you do well and what you bring to a competition. Record your development, weight and progression towards a competition so you can learn from it for next time.

We need to communicate more now you are in competition team, so ensure you have your coach's number, email and attend competition team meetings, BBQ's, fitness tests, competition shows etc.!

One competition is not enough to be a competitor, or to test yourself, as that one competition can go either way and is very nerve racking. Plan to commit to three competitions as your first step.

Well done for accepting the challenge. Everyone who trains to competition improves dramatically, whether they competition or not, win or lose. You are more focused and driven. Regardless of the result or time committed, you will learn more about yourself, face new challenges and have new adventures. You will be a part of a team. Who knows – you may even be a state or Australian title holder one day?

Character is key to life. Phoenix athletes should always remember that it is not if you win or lose but how you play the game. Training to compete, weight cutting, living clean, competing, dealing with competition in your life are all a test. Of course, we aim to win but I have learned after many years of tough tests; ***toughness comes from character not victory.*** How you present yourself and the club is critical to your (and our) reputation. This is the most important legacy.

Teamwork. Club first NOT you. Contribute to the greater Phoenix team. When training to compete, you train more than everyone and have a lot of training commitments. More than any other members your training is not a hobby and other areas of your life must be sacrificed. In addition to

this you help, support, and assist every member in the club. I expect anyone competing to assist in classes, help around the gym and coach classes if required to fill in. When you choose to compete the coach also must do more to support you, that is well above the requirements of normal members. To give back for this you may be required to fill in for a class if a coach is sick, run a warmup, help out a new person during a class and generally be the best example of Phoenix.

To compete well you must be obsessed and committed to your own training but if you are 'selfish' and only have time for you then do not start on the competition road. If you think by competing, that Phoenix is here for your requirements and will adjust to you and give for you, then wake up to yourself! Be a team member first. Phoenix is not a steppingstone for your life to come and go to suit you. Your fees don't cover that, and we do not want anyone in the team who starts out with this attitude. If you plan to just stop when it suits you and only be here for yourself, don't start, don't fake it and don't bother if you are not aware of the greater team.

Competition Team Check List

Code of conduct – rules for Competition Team members

You must agree to live by, conduct to represent Phoenix. You should want to be in the team and everything that means. It is a 'A' grade sporting team, and you must be selected, to be in it.

Why do you want to compete? This is a question that you need to ask yourself. What goal do you have about your competition experiences? What motivates and drives you to want to compete? If you want to compete, you need to live like a competitor and think competition relentlessly. You must watch videos, watch fights live and learn yourself as well. You must be able to answer these questions yourself. Now, while you are confident and positive, and your enthusiasm is blocking out the demands and challenges you will face.

Junior Fight Team. All matching is done by Anthony with constant liaison with your parents/family. Juniors and parents must work together as it must be a team approach with information going both ways. Parents should not coach but be there for support. Parents give the final permission for all competition. This is a tough sport and requires tough love. Coaches coach, inspire, challenge and drive. Parents support and are there for cuddles and best wishes regardless of result.

Competition Season – February 1 until December 10ish. This is when you are training to compete.

Commitment/sacrifice – training to compete is tough. It is challenging and requires time commitment and sacrificing many aspects of your life. I would rather you just train as often as you can in normal classes and enjoy being a member of the club. Grade, improve, spar and have a balanced and normal life with time to develop a relationship, time to work hard and save money, time to have holidays, time to have drinks with your mates and time for watching TV at home during the week with dinner at a respectable time. Live and enjoy yourself, you can get a lot of achievement and challenge from the regular classes and the grading system. You can still tell everyone you do Muay Thai, and you can be good, really good. You do not need to do competition. You compete

because you want to in your soul at a very deep personal level. Everyone that competes, gets better than everyone who doesn't.

WHAT ARE YOU WILLING TO GIVE UP WILL BE DIRECTLY RELATED TO YOUR SUCCESS?

If you want to compete you are representing Phoenix. You are putting yourself on the line and committing to something bigger than you and perhaps the most difficult and challenging thing you have done in your life. You represent Phoenix and you have to practice being coachable. Training to competition is not a hobby and you cannot compete for any other club or train with them in the ACT, without Anthony's knowledge and permission.

We put a lot of effort into you, and it won't work without cooperation and teamwork. This legacy should live on in your heart after you stop competing, or it was never true. What you get taught and coached at goes well beyond the basic schedule and lessons you get as a regular member. It is a partnership and needs to be a strong, positive and two-way relationship.

Look at the timetable that is expected of you. **If you cannot maintain it, you cannot train in Competition Team.** We know competing is tough, training is tough, and consistency and sacrifice is tough, but we also know there are no short cuts or easy solutions. Success is sacrifice. Wanting to compete is just not enough, you must adjust your life's priorities. You must develop a training habit first and have a committed and disciplined approach to training. You **MUST** listen to coaching staff and train when expected and rest when told to. Consistency is the most important part of the training. Discipline is your most important characteristic.

If you cannot make training – let the coaches know, but do not expect them to make it easy for you and accept every reason you have, or to not hassle you if you make it habit. Coaches are not in your life to be your mother, your friend or counsellor. He is not there for you to cry to or make excuses to, they are there to ensure you are the best version of yourself when you compete. If you need hug, get a puppy. Remember **YOU** wanted to compete. The coaching staff know what you need to do to win and if you choose not to do it, then do not expect understanding and tolerance. We don't mind if you don't compete, we do mind if you talk yourself up, but don't measure up to your own expectations.

If you do not want to train to competition anymore, you can stop any time and come back when you ready. No one is making you compete, and you should never compete if your heart is not in it, or you cannot meet the demands. Your life must be 'in order' for you to do well at anything. If you have greater pressures and responsibilities that draw you away or cannot say no to – do not compete. Excuses are bullshit – **YOU CAN DO ANYTHING IF YOU REALLY WANT TO.** Life is choice. If you are long term injured, get better, get strong and make a comeback. We have champions that have fought after broken arms, total knee reconstructions, broken noses, shoulder reconstructions, divorces, new jobs. New houses, new girlfriends etc etc. and more.

You can always have a season off and join back in when you can manage your life, to enable yourself to train to competition. Just talk to a coach. If something is getting in the way, or if the training isn't what you thought, or something isn't right for you. Speak up.

Before you tell me, you want to compete, make sure you **get permission** from anyone in your life who is going to distract you from what you want to achieve for yourself.

Training after a competition – come in the first TUESDAY session after your competition. Then have a few days off but talk to a coach about what's next. Be back full training by the Monday after. The team effort is never more important than after you compete. To come in and see the other guys, win or lose or injured. If you are injured, look after yourself, but an injury is not an excuse to not come to training, or to the gym. It is unfortunately common for people who competition to get slack after the competition. It is emotionally tough. To do all the things you held out on before the competition. Competition Team is a season, not a one off. You can train around injuries, and it is very important to remain a part of the team, see the other guys, talk to them, do weights or rehab. Not visiting and not training is poor teamwork, selfish and not a commitment to the team or yourself.

If you are not matched, consistency is still key. You won't be matched unless you are doing the work required. You get matched, then you up the intensity and the focus but the consistency stays the same. Competitions can come at short notice, if you are not ready, you won't be matched.

I believe the training is what got you so keen in the first place. Never forget it is the main reason you love Phoenix. Never let competition take the fun out of it or life. Enjoy the training and grade.

Competition evaluation. Win or lose, we talk about your bout after it. We analyze it and learn from every aspect. Success never means you did everything right and a loss doesn't mean you did anything wrong either. It is a tough sport. Plan this is and make an appointment with the coaches.

Leave/holidays/breaks – everyone should have a break from hard training. Everyone will have from Mid-December to late January to train as they feel like it and rest their bodies and enjoy life. Unfortunately, the sport is not routine or scheduled. What is important about a break is that – it is planned; the coaching staff need to know when it is. It is not always good to have it straight after a competition because you may have a competition 3-4 weeks after if you are going well. You may get injured and need a rest, so that can be a forced break. For people doing their first season, you do not deserve a break. You have not learnt to train hard enough yet or proven you can keep it up.

Watching competitions – you are expected to watch the other team members' competition and support your mates. Anywhere in driving distance is expected. You must watch competition shows to learn and to be sure it is what you want to do. Many people have underestimated the importance of this for you and the team. It is compulsory, but you should want to without being told to.

Registration – you must register for a competition. You will need to register with ACT if you live in ACT and are 18 and over. NSW Combat Sports is if you are 14-17 or live in NSW. All states have

different registration requirements with differing costs – so be aware you may need to register on various sanctioning bodies. Muaythai people, ensure you register for Kickboxing and K1 so your options are open.

Competition costs money – you will have to travel to shows. Your membership is only a small, part. Allow for petrol, accommodation, flights etc as part of your ‘competition’ expenses. Subsidy of your coaches’ expenses will be a part of your expenses. You may also need PT sessions to prepare 1-1.

Medical – medicals are required for all competitors – see Anthony for which medical form you need to take to your doctor. Phoenix has its own medical screening form to ensure you are competition fit and have no preconditions that might make competition dangerous for you – this form must be completed before anyone can compete (please see Tracy for this form). Ensure you know what is required of you for each competition and never take it for granted as the sport differs in each state. Do not assume states or sanctioning bodies talk to each other about the status of your medical. It is up to you to have up to date medicals (12 months) and blood tests (6 months). Note the date of your last medical so YOU know when it is due again. If you get matched, check with which sanctioning body and if you need a new medical or blood tests. **Please make sure you make copies of your medical and blood tests and take photos of them.**

Blood tests – usually accompany your medical however they may only last 6 months. As with above, make copies of your medical, take to the weigh in for first competition and for any interstate competition. You need a referral from a doctor to go to pathology to get the tests. The test can take 3-5 days to come back. You need a copy of the blood tests. It is not enough to have your doctor sign the medical form. Interstate competitions require medicals every time you go unless you are registered in that state with the same sanctioning body. ACT requires a blood borne diseases form and a letter from me so make sure you are on top of your own admin. It takes months, be early.

Hep A, B & C inoculation – get inoculated for Hep A, B and C.

Health Insurance – if you have a job and a family, get hospital cover and income protection. You are NOT insured by anyone.

Tickets for a show – you get in for free. The Trainer + 1 also get in. Everyone else purchases a ticket. Generally, we use the plus one for trainers/coaches and other competition team people who will help out on the night, so do not assume it is for your girlfriend/partner. Tickets required for family and friends are YOUR responsibility to get. Sometimes the gym gets a list together but mostly this is up to you to do. Be expected to be asked by coaches to sell tickets or tell people about the competition as we will not keep getting matched in shows if we do not assist the promoter make money.

Accommodation – promoters sometimes organise a hotel room for you for weigh in night and competition night. More and more, now, competitors get nothing for NSW/QLD competitions. You get a bed – your partner/friend does not. Any guests must organise their own thing. If you want to stay with a friend for either night, YOU organise it. Do not expect that the other competitors are happy to have partners sharing the accommodation. If you are not staying the night of the

competition YOU must tell me, so we don't pay for something you are not going to use. I do not recommend you plan to travel anywhere on the night of the competition as it is not smart.

Equipment required – wraps, strapping tape – thin for between knuckles and thick for gloves and hands. A custom mouth guards. Numbing cream if you have touch sensitive injured parts. Club shorts to competition in. Club t 'shirt to wear at show. Bring your own gloves to warm up. Coaches wrap your hands, but it is also common for your first few competitions to wrap your own and some rules require this. Coaches will try to wrap your hands whenever we can.

Travel money – up to you! Look at getting your own sponsor!

Time off work – organise, in advance, to have the day of the weigh in off and the day after the competition off. It is best to keep a normal routine up to the competition to balance the stress but also good to have a few days extra training leading up to the competition.

Payment – as amateurs you do not get paid. As a pro you also get extraordinarily little. Never do it for the money. Trainers 'sometimes' get petrol money, but I don't share because we do it far more often than you, and always will. The promoter chooses the accommodation, if any. When you are a pro competitors, we will have a written contract. If you do not want to stay at the cheaper accommodation offered by the promoter, you are welcome to upgrade but it is at your expense and is to be organised yourself.

Stopping/pausing – competition is tough, and I understand if life changes, and it is not for you. You can stop anytime; just tell me first. If you want to compete again do the Fitness Test again and join. It is not appreciated if you just stop for whatever reason, if you do that – do not expect to just rock up and join again. If you are strong enough to compete you need to be strong enough to tell the coaches when you want to stop. If you want a break, discuss it to see how it affects the team, your goals and you're training. Don't resign because you are unhappy with something, talk about it first.

Matching – If you are in fight team, you will be matched, this is the coaching staff job - not yours! However, look out for shows as many things are on FB now. If a promoter emails or contacts you, always refer them to Anthony. If they keep contacting you, like on FB, tell them to talk to me only. The sport does not follow a planned schedule and is based on competition shows all around the country and when they need a competitor. We do not get called first because we are always hard competition. We are also from Canberra, and it is always easier to get a local competitor than us.

Matching is a time consuming and constant job. Many hours of work go into getting everyone matched with appropriate opponents on appropriate shows. Many promises are made, and every competition takes phone calls, time and money to organise. We work hard to get the team competing and matches are being negotiated 3-4 months out. We must spread your name and information to many people many months in advance. The sport is not like that, and it is very frustrating to match a competitor's and then have them stop or not be available.

Quotes to motivate you!

Never confuse comfort with happiness

'Talent' is only the ability to work really hard for something.

Action cures fear

It is not how many times you win that counts, BUT how many times you get back up.

Pain is temporary and pride lasts forever.

We only attend to what we have the DESIRE to attend to. Without DESIRE there is no goal and no action

Conditioning is only the use of the fitness you have.

Your body will argue that there is no justifiable reason to continue. Your only recourse is to turn to your spirit which fortunately functions independently of logic.

You have one tank of fuel – use it wisely.

It is not if you win or lose that counts, but how you play the game.

Character is ALL.

No one really cares about your excuses.

ABILITY
is what you're capable of doing
MOTIVATION
determines what you do
ATTITUDE
determines how well you do it



**HARD WORK
BEATS TALENT
WHEN TALENT
DOESN'T WORK
HARD.**

TRAVEL EXPENSES

All competitors will be required to travel to compete. Local shows are rare and therefore we need to travel. Your membership fees do not include the expenses of travel for a coach, or yourself.

All competitors must go through a stage of paying all their own expenses. To get experience and competition options you need to be prepared to travel. The more travel you can fund the more options you will have. Juniors are rarely ever paid or given an allowance for anything.

Some shows for adults will pay for your airfares and accommodation, but this is only negotiated on a case-by-case basis. For professional shows, we try to get airfare and 2 night's accommodation for a competitors and trainer in a shared room. Anyone else coming must be paid for by the competitors, or if the trainer or competitors wants their own room.

Coaches never get paid and they rarely get their own room etc even on a professional show. For many years now, Phoenix has sponsored all competitors by paying for a coach to travel with the competitors. This is no longer possible. There are just too many kids, too many novices and too many interstate competition shows to go to, to get everyone competitions. It can be expensive for one family for one child, but I am sending trainers to all shows and Phoenix can no longer afford it. In 2018, a coach has been to Mexico, Perth, New Zealand twice, Brisbane a few times, Perth, and Sydney 6 times, Melbourne twice and counting. I cannot continue doing this and keep it viable.

All competitors will now subsidise the cost of a Coach to travel. If the promoter is paying, but this is limited, the costs will be shared between Phoenix and the competitors. For example, they only pay for one room for one night, but we need two rooms for two nights. Everything will be case by case basis.

I always try to match more than 1 person a show so if we get 4 competitors on, the cost is split.

All matching and agreeing to competition have to factor this into decisions.

Sydney competitions still cost petrol, time up and back and I must pay a coach to cover a class and be away. Sydney evening competitions or 24-hour weigh ins may require a hotel room. Interstate competitions costs airfares and accommodation.

My plan is to split the cost between competitors/families for the trainer's travel. Phoenix will cover accommodation only. Flights or petrol money will be paid by competitors. Sydney is \$250 petrol. Flights are economy but the flights are booked by the coach to suit their time availability.

Please factor this in for when you want to be matched. Please discuss your situation, your goals and your budget. We want to work together and get as many competitions as possible; we must share the costs more now to keep it going.

There will still be coaches willing to go with competitors and we want to do everything to help and get competitions but please understand that I cannot keep this rate of competitions up and get everyone competitions. We need to competition and travel as much as we can get matched!

Muaythai Fight Team Selection – ADULTS - 2024

1. You must know the exercises before you turn up.
2. For Level 1+
3. Meet the training schedule.
4. Pass the Fitness test and always be able to, improving each year.
5. Support the team.
6. Regular training schedule is below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Run 3km XC fast	Run 5km steady	Run steady 5km or swim or ride 25km.	Run Mt Ainslie or equivalent HARD.	8:30-10:30am Class +2km Jog
6:30pm L1 class 7:30pm Conditioning class	6:30pm – Class	7:30pm Conditioning class	6:30pm – level 2 Class.	FRIDAY/SUNDAY Insurance Day's or recovery.

Anyone 5 plus fights needs to look at a PT once a week plus at least 2 session during the day as extra in 6 weeks leading up to the fight.

Pass marks are varied for size, weight, age, and level of competition. Your ability to cope with a regular training schedule is the main part. Sport Specific always performance comes first.

ACTIVITIES:

May vary between expectations and unknown tests designed to challenging.

Fitness Test. Refer to the Fitness Test sheet for activities and benchmarks. Could include: Full Lift, bench press, dead lifts, burpees, push ups, renegade Rows, sprints, assault bike, beep test and more.

Sparring. Semi contact to hard sparring with people of your level and above. Winning is not required. You must demonstrate the ability to deal with pressure, be coachable, work with others and show the character (grit to win no matter what is thrown at you) required to compete and be a team member.

Mountain Run. The test finishes with a run up Mt Ainslie. Ensure you know the course. (M18 min / F 20min). **Juniors:** Will do beep test.

FIGHT TEAM TEST JUNIORS: (Guide only, check with Anthony for specifics)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Run 2km XC fast	Run 3km steady	Run steady 3km or swim or ride 15km.	Run 2km up a step hill.	4:30pm Intermediate Class
4:30pm Warrior Class	Ask Coach which class.	4:30pm Intermediate Class	Ask Coach which class.	SATURDAY Some children will be expected to come to adult sparring.