



SWET TALK SEP/OCT 2016 NEWSLETTER

SWET CALENDAR 2016

SEPTEMBER	
25	DAYLIGHT SAVINGS - CLOCKS FORWARD!
26	SWET 12 WEEK CHALLENGE STARTS
OCTOBER	
7	5 WEEK AUG/SEP BOOTCAMP INTAKE ENDS
8	GYM GAMES COMPETITION - FUNDRAISER FOR OUR CHARITY BOXERS
10	5 WEEK OCT/NOV BOOTCAMP INTAKE COMMENCES
16	EVENING MOVIE FUNDRAISER FOR OUR CHARITY BOXERS
NOVEMBER	
11	FIGHT FOR KIWI - CHARITY BOXING EVENT

SWET 12 WEEK CHALLENGE

Don't forget that registrations are still open for our last 12 Week Challenge of 2016!

Cost: \$50

Start date: Mon 26 Sep 2016

End date: Sat 17 Dec 2016



We'd love to apply the 'Spring Clean' philosophy to ourselves and clear out some not-so-healthy Winter hibernation habits and replace them with some new habits that will be more beneficial for our health and wellbeing.

This 12 week challenge will be points based. You will gain your points through completion of mini-challenges that have a more holistic focus. Our unique SWET exercise challenges and classes will be complimented with good nutrition, preparation, teamwork and sleep recovery.

Weigh-ins will need to be completed in the gym by Saturday 01 October, when you register for the challenge.

There are some incredible prizes to be won along the way and one big amazing prize at the end for the participant that gains the most points!

So, what are you waiting for, let's get those summer goals off to a flying start!

We can't wait to take this journey with you too! Let's do this!

SWET 5 WEEK BOOTCAMP

Our next morning and evening indoor bootcamps are due to start on Mon 7 October 2016. Our outdoor bootcamps will recommence over Summer.

The Bootcamps consist of three 45 minute sessions per week. Weigh-ins are optional and will be held in the first week. These weigh-ins assess your body composition, muscle mass, hydration levels, body fat percentage and your metabolic rate and age. They are a great gauge for monitoring your progress from the beginning to the end of the Bootcamp. If you would like to be weighed in, please let us know as soon as possible so that we can book in a time PRIOR to you first bootcamp class.

Your Camp Options For: MON 7 OCTOBER 2016

OPTION 1	INDOOR A.M	MON 0645 WED 0645 FRI 0645
OPTION 2	INDOOR P.M	MON 1730 WED 1730 FRI 1730

FIGHT FOR KIWI - CHARITY BOXING EVENT

Four of our amazing SWET'ers, Char, Uaea, Ben and Matt have been selected to fight in the charity boxing event 'Fight for Kiwi' which has been arranged by an amazing organisation called Kiwi for Kiwi. These 4 wonderful people are already well into their 12 week preparation for the event and have been training so hard for it.

On top of their boxing training, they are also fundraising for this very worthy cause to help protect our national bird, the Kiwi. We are supporting their fundraising with the following:

1. \$5 CBD 12pm lunch sessions every Tue and Thu - 100% of all proceeds from these sessions will go towards their fundraising. Please spread the word to family and friends.
2. On 8 Oct we will be holding a gym comp. Teams from in and out of SWET can register for these games and full proceeds from this event will go towards our boxers. Keep an eye out for more details soon!
3. On 16 Oct, our boxers have arranged a movie night fundraiser to see 'Girl on a Train' - more info to come!

Any support you can give our team of 4 would be greatly appreciated and if you're not up to anything on the night of Fri 11 November, we'd love to see you at the event to help cheer them on!

Tickets can be purchased through this link: [Eventbrite Fight For Kiwi Tickets](#)



When: Tuesday and Thursday

Time: 12pm

Where: Westpac Stadium Walkway

Come and support our 4 participants from SWET who will be entering the boxing ring for the charity event of the year Fight for Kiwi. 100% of all proceeds goes toward their fundraising to help save our national bird the Kiwi.

ALL ARE WELCOME!



TOUGH GUY AND GAL 2016

In August, we braved the bone chilling temps, the wind, the rain, the thickest mud and even hail to complete Tough Guy and Gal 2016 at Camp Wainui. It was a great day and we're so looking forward to next year's challenge. Thank you to everyone that came and participated and also to those that supported us in the tents with the setup, the packing away, the bbq, the bakers and we cannot forget our photographer Mary Uiese who captured the day with some stunning photos.



SWET BIRTHDAY BASH

August also marked 2 years since our SWET studio was officially opened and we celebrated it in style! So much fun was had by everyone and even the rain couldn't dampen the party spirit that night. Thank you everyone for making it such a huge success, particularly our social club committee (Char, Haylee and Phil) who worked tirelessly to ensure everything ran perfectly.



SNEAK PEEK OF NEW SWET MERCHANDISE COMING SOON...



GETTING TO KNOW... OUR BOXERS

What made you want to enter this boxing challenge?

UAEA: I've always wanted to get into the boxing ring, boxing has always been incorporated in my training ever since I was in my teens and I thought that it might be cool and I saw this as an opportunity to test myself physically and mentally. If I'm honest, I thought I might not even get chosen because of the amount of people that put their names forward but here we are! Haha.

What's your favourite part about boxing training so far?

MATT: I really enjoyed the sparring this week and the experience of actually throwing and taking punches, the best and quickest way to learn!

How different has training for your fight been compared to a SWET session?

CHAR: SO DIFFERENT!!! I thought my fitness was 'ok'.....but H O L Y...some of the 'burner rounds' Asher has thrown at us have tested me!! It's pretty tough sometimes keeping your punches and guard up when you're close to losing your lunch!!

Have you had much boxing experience in the past and what would you say your biggest strength would be in a fight?

MATT: . No boxing experience other than the odd fitness class or niggles on the footy field where I was good at hiding in behind my bigger teammates. Hoping my fitness will be a strength but have some work to do.

What and who has been a big motivator for you leading up to your first boxing fight?

BEN: Soulsa the "smiling assassin" has been my motivation. My first boxing PT with him blew me away. Not only did he have so much knowledge to teach but that he was also willing to help me achieve my goal. Even bigger bonus that he's a genuine guy and so down to earth. Another motivation for me has been the support from the SWET family, especially DJ who takes the extra time to help me on his and my lunch breaks. It's hard though when he gets to eat food and tells me I have burpees for lunch instead ha ha.

If you could have the talents of any boxer in history (male or female) whose talents would you steal for your fight?

UAEA: You can't look past the G.O.A.T. Muhammad Ali when you think of talented boxers. I'd probably steal his 'trash talk' ability so I can put off my opponent (Lol, didn't call him Louisville Lip for nothing) Nah, his discipline and speed was second to none. He had quick, powerful jabs & the foot speed of doom so I'd steal his talents!

"The fight is won or lost far away from witnesses - behind the lines, in the gym & out there on the road, long before I dance under those lights."

Do you know anything about your opponent yet?

CHAR: At the moment we have 'on paper matches' that the organisers set up before we started...apparently my opponent is 'mean on the bag' according to Uaea!!!! To be honest though I'm trying not to think about it....

Name a song you'd love to walk out to before the fight?

BEN: For sure it's got to be Jackson 5 – I want you back.

SWET

Sam Apu'ula

E: sammy@swet.co.nz

M: 021 160 3054

Damian Jacobs

E: djacobs@swet.co.nz

M: 021 264 2316

General enquiries

E: admin@swet.co.nz

P: 04 472 4750

Facebook:

[facebook.com/SWETTRAINING](https://www.facebook.com/SWETTRAINING)