



Think FAST Academy Induction Programme

Welcome to Think FAST Academy!

At our academy, we believe in harnessing the power of boxing to inspire and empower young people. This 10-week crime prevention and personal development programme is designed to support you in becoming the best version of yourself, both inside and outside of the ring. You will attend the Academy one day a week from 9.30am- 2.30am.

Programme Outline

Week 1: Introduction & Welcome Session

Introduction to Think FAST Academy: Mission, Vision, and Values... sign the relevant documentation.

Meet the Team: Coaches, Teachers, and Support Staff

Overview of the 10-Week Programme

Icebreaker Activities to get to know each other

Week 2-10

Classroom Learning 9.45- 10.45 Strengthening Minds Work

Guest Speaker session- 11- 12 Variety of people come into the Academy both professionals or people who share their life experiences and knowledge in areas such as crime prevention, personal growth, and career pathways. This will hopefully improve your understanding of the impact of crime and how to make positive choices in your life moving forward.

Wednesday Afternoon: Gym Training 12-1pm Fundamentals of Boxing: Stance, Footwork, and Basic Techniques. Strength and Conditioning: Building Physical Fitness.

1pm- 1.45pm- Lunch

1.45pm-2.30pm- Personal Development Sessions: Building confidence, leadership skills, and emotional intelligence. Setting small, achievable targets for the next session.

Expectations of a Learner

As a learner at Think FAST Academy, you are expected to:

- **Engage Actively:** Participate fully in both classroom and training sessions.
- **Show Respect:** Treat staff, peers, and facilities with respect and kindness.
- **Commit to Learning:** Attend regularly and arrive on time.
- **Set Goals:** Work towards achieving your personal and academic goals.
- **Seek Help When Needed:** Communicate openly about any challenges you face.

What You Can Expect from Think FAST Academy

- **Supportive Environment:** A safe space where you can express yourself and grow.
- **Dedicated Staff:** Coaches and educators committed to your success.
- **Holistic Development:** Focus on both physical fitness and academic achievement.
- **Opportunities for Growth:** Access to competitions, workshops, and mentorship.
- **Guest Speakers:** Insightful talks from professionals and individuals sharing their life experiences to inspire and educate.
- **Community and Belonging:** Building lasting friendships and support networks.

Who to Speak to if You Have Any Problems

If you encounter any issues or have concerns during your time at Think FAST Academy:

- **Your Coach:** For any training-related or personal concerns.
- **Classroom Teacher:** For academic support or classroom issues.
- **Designated Safeguarding Lead:** For any safeguarding concerns.
- **Academy Administrator:** For logistical or administrative inquiries.

You can always approach any staff member for guidance or support—they are here to help you succeed!

Thank you for being a part of Think FAST Academy!

We look forward to embarking on this exciting journey with you over the next 10 weeks, using boxing as a powerful tool for transformation and growth. Together, we will work towards preventing crime and developing your personal skills for a brighter future.