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# Hornets Hit The Gym

## Irrawang Hornets Academy Embraces Kickboxing

The Irrawang Hornets Academy has recently embarked on an exciting fitness journey, attending weekly kickboxing sessions at the Muay Thai Boxing Gym in Heatherbrae. These sessions are organised by the local Raymond Terrace PCYC in collaboration with NSW Police, aiming to provide the students with not only a physical workout but also valuable life skills.

Under the supervision of skilled trainers, the boys are put through their paces with a combination of fitness drills, bag work, and even supervised sparring. These sessions are a hit with the students, who eagerly anticipate each class. The structured environment helps improve their discipline, focus, and fitness levels while teaching them the techniques of kickboxing.

What's more, the impact of these sessions goes beyond the gym. There has been a noticeable improvement in the boys' engagement in school. Their enthusiasm for the sport seems to have translated into a more positive attitude and commitment to their academic work, creating a well-rounded approach to their education and physical health.

This initiative highlights the power of sports in youth development, not only promoting physical fitness but also fostering a strong sense of discipline and responsibility. The Irrawang Hornets are definitely benefiting from this new addition to their weekly routine, and it is clear that these sessions are contributing to their growth, both inside and outside of the classroom.

