

# Sample Proposal-Fitness Forum

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## **Pink Gloves Boxing - Revealing the Champion from Within**

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### **Presenter(s)**

#### **Garret Garrels**

Creator/Owner

Pink Gloves Boxing

**Role:** Lead Presenter

#### **Qualifications & Experience (not to exceed 800 characters)**

- After losing eight pints of blood in an accident in 2007, Garret founded Pink Gloves Boxing (PGB). He then teamed up with fellow football player, Nick Milodragovich, and in just three short years, PGB was recognized in Entrepreneur Magazine's Top 100 Innovative Businesses. The success of the business uncovered a problem from Garret's past. Schools were asking him to give presentations to help inspire the youth. Though a stutter is impossible to overcome completely, his lazy lips of yesterday have put a smile on his face, today. Twice, Garret has finished in the semi-finals of the World Championship of Public Speaking and in 2011, he finished in the top 18 of 35,000. From stutterer to speaker—from getting kicked out of high school English to writing several books—Garret is too funny to be called a motivational speaker and too inspiring to be called a comedian.

#### **Education Background**

#### **Years in the Field**

None of the above describes the presenter

#### **Presenter Accommodation Request**

#### **Kelly Crosby**

Head Coach

Pink Gloves Boxing

**Role:** Co-Presenter

#### **Qualifications & Experience (not to exceed 800 characters)**

As a certified fitness professional with over 25 years of experience, Kelly now trains Pink Gloves Boxing instructors around the world. She implemented the flagship PGB program at Montana State University in 2010 and has been active in the Pink Gloves Boxing organization ever since. An Army veteran, mother, fitness professional and coach, Kelly strives to bring the PGB philosophy of "Fit is a Feeling not an Image" to as many people as possible.

#### **Education Background**

#### **Years in the Field**

None of the above describes the presenter

#### **Presenter Accommodation Request**

### **FITNESS EXPERIENCE**

- 10+

### **PROGRAM DESCRIPTION**

Pink Gloves Boxing (PGB) is a fitness program like no other! In this amazing circuit workout of true competitive boxing techniques, individuals will experience a community of encouragement and shared passion. Participating in PGB is movement toward a healthier lifestyle in step with others striving for the same goal: Revealing the Champion from Within Each Other. No one "does" PGB by themselves. A community that works together achieves individual and group goals at a much higher rate. In the vision of Pink Gloves Boxing every workout must include the components of Fun, Community and Achievement. With these components assured in every workout, each participant can expect a physically challenging, mentally stimulating and community supporting session. In each of the 7 Tiers of PGB, participants showcase physical, mental and leadership challenges. The continued goal setting and getting promotes retention and accomplishment. Many bonds of lifetime friendship in fitness and encouragement are established in this unique program. Experience a potential life-changing fitness program by revealing YOUR champion in Pink Gloves Boxing.

### **PROGRAM SUMMARY**

Knock out the stress and frustration of the day!! Experience the unique stimulation that Pink Gloves Boxing offers in its circuit based,

high-intensity, fun making, community building workout. Strength, agility, power and endurance are all challenged in every PGB session. Reveal YOUR Champion and help others reveal theirs with Pink Gloves Boxing.

### Uploaded File(s)

Presenter Video (if you have a presenter video, please add that here)

**Pink Gloves Boxing - Live**

[GVYQXYTZ--530104-1-ANY.mp4](#)

Witness PGB members punching, sweating, laughing and sharing their love of this program.

Additional Materials (if you have additional materials, please add them here)

### Portrait of a PGB Training Camp



Successful completion of 2 days of punching, sweating, laughing and learning.

### Pink Gloves Boxing - Heavy Bags



Punching like there is no tomorrow!!

### Presenter Agreement

#### **PRESENTER AGREEMENT**

I agree

#### **RIGHT TO SHARE AUTHORIZATION**

I grant NIRSA the right to share this presentation for education purposes and member reference