

SPORTS

Cristo Rey Packs a Punch

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By Jim Mancari



An intramural boxing program recently wrapped up at **Cristo Rey H.S., East Flatbush.**

The five-week program began in early May, and the students met with a trainer every Monday and Tuesday.

The program was organized by Boxer Inc., a nonprofit sports-based development organization designed to provide opportunities to youth in a safe and productive environment.

The group's mission is to utilize sports to empower youth to become champions by building healthy lifestyles balanced with physical fitness, self-confidence, emotional steadiness, moral quality and vision.

The students did not box one another but instead learned different punching techniques, alternated using with punch pads and worked on their footwork.

Though boxing is often viewed as too violent of a sport, the values learned in that sort of environment can go a long way.

Tags: boxing, Cristo Rey Brooklyn High School, high school sports