

GLEASON'S GYM HISTORY

Gleason's Gym is the oldest active boxing gym in the USA. The has produced 136 world champions, 2 Olympic Gold Medalists and hundreds of amateur champions. Our first world champion was Jake "Raging Bull" La Motta. La Motta is probably one of the most famous of Gleason's trained champions. Right up there with him is Muhammed Ali. Ali, then Cassius clay, trained for Sonny Liston the first time, February 25, 1964, in Gleason's Gym. In one of the biggest upsets of the 20th century, Ali won the world heavyweight title when the unpopular Liston failed to answer the bell for the 7th round. Roberto Duran, the Panamanian superman, won three world titles using Gleason's Gym as his training base. Gleason's Gym is not only a sweat shop, but it's also a movie set. Dozens of commercials and hundreds of still shoots join the 26 movies that have been made in the gym.

THE BOXING CAMP

If you like baseball you just can't go to Yankee Stadium and train with the Yankees, nor can you go to Madison Square Garden and shoot hoops with the Knicks.

Boxing is the only sport where you may actually be training right next to a world champion or top contender, certainly that's sometimes true at Gleason's Gym. For the Fantasy Camp, we're guaranteeing that same opportunity for four action-packed days.

The camp will include intensive boxing discussions, training sessions, sparring sessions and training drills. At the end of the camp you will have the chance to showcase your new skills in our Fantasy Camp sparring show. The camp will give you the chance to learn from world-class trainers, Hall of Fame boxers and world champions both past and present.

Professional and amateur sparring partners will also be available to help with your training. Men, women and children are all welcome.

No previous boxing experience is necessary. All skill levels, from beginner to veteran, will be present at the camp.

BOXING WORKOUT

ESPN convened a panel of experts made up of sports scientists from the US Olympic Committee, academicians who study the science of muscles and movement, a start 2-sport athlete and several journalists who cover professional sports watching athletes triumph and fail. They identified 10 categories or skills that make up the ultimate in athleticism. They assigned a number from 1-10 ranking the demands each sport makes of each of the 10 categories / skills. They used this rubric to determine the degree of difficulty for each sport. Boxing had the knockout punch. As the panel sized up all the sports, when it came to the "Tale of the Tape," boxing came out as the pound-for-pound champ. The panel identified boxing as the world's toughest sport.



The **FANTASY CAMP** is ideal for all Masters and White Collar class boxers.

Learn boxing skills and techniques from Hall of Fame boxers and world champions.



IF YOU ARE READY AND WANT TO ASSURE A SPOT:

Call: (718) 797-2872

Email: info@gleasonsgym.com

19th Annual Fantasy Camp

August 5–8, 2021

**"WHERE BOXING IS
A TRADITION"**



HONOR'S HAVEN RESORT & SPA
1195 ARROWHEAD RD.
ELLENVILLE, NY 12428
(845) 210-1600
HonorsHaven.com

THURSDAY, AUGUST 5, 2021 DAY ONE

Check-in and Camp Registration – Front Desk
Orientation – Training - Tennis Center
Training– Tennis Center
Dinner – Served in the Dining Room
GAKAD PHONE HOME
“Bon Fire”
GAKAD Pool Party
Leisure Time Activities
GAKAD Youth Evening RAP & Wrap up session
GAKAD Curfew – in room

FRIDAY, AUGUST 6, 2021 DAY TWO

Warm Up and 2 Mile “Wake Up” Run
Breakfast – Served in the Dining Room
Training – Tennis Center
Lunch – Served in the Dining Room
Training/Sparring – Tennis Center
Conditioning & Strength Training
GAKAD – Adventure ~ 2 mile Hike
Dinner – Served in the Dining Room
GAKAD Breakout Session – location –Indoor Pool
Discussion/Boxing Videos – Summit 1
Ice Cream and Cookie Party
GAKAD – Kids movies-Summit 1
GAKAD Curfew – in room



SATURDAY, AUGUST 7, 2021 DAY THREE

Warm Up and 2 Mile “Wake Up” Run
Breakfast – Served in the Dining Room
Training – Tennis Center
Boxing Training Circuit
Barbecue Lunch-outdoor pool patio area
Match ups for evening show – Trainers & Staff
Free Time for boxers on evening show
GAKAD Group Activity – Indoor Pool
Dinner – Served in the Dining Room
Boxers report to the Tennis Center
Fantasy Camp Sparring Show
Opening ~ GAKAD Youth Presentation
Awards presentation
Cocktail party-Back dining room
Celebrating our 17th Gleason’s Fantasy Boxing Camp

SUNDAY, AUGUST 8, 2021 DAY FOUR

Warm Up and 2 Mile “Wake Up” Run
Breakfast – Served in the Dining Room
Photo Opportunity – Lake Area Island
(Please wear Gleason’s Attire for photos)
Lunch – Served in the Dining Room
Bus Departs from Honor’s Haven

HONOR’S HAVEN RESORT & SPA

A stylish for season resort that is found tucked away between the picturesque Catskill & Shawangunk Mountains on 250 pristine acres in Ulster County, New York.

A place where man and nature converge harmoniously amongst cast wooded areas, tranquil lakes, crisp mountain air and awe-inspiring views; Honor’s haven is the embodiment of the classic resort.

Attendees of the Fantasy Boxing camp will have access to all the facilities that Honor’s Haven offers including yoga classes, indoor and outdoor pools, indoor and outdoor tennis courts, indoor and outdoor basketball courts, hiking trails, fishing and paddle boats on a private lake, wet/dry sauna and indoor jacuzzi, fitness center, championship 9-hole golf course and spa services.

As part of the Fantasy Boxing Camp you will be eligible for three buffet meals daily starting with dinner on the day of arrival and lunch on the day of departure. Meals will be served privately in the back dining room. All boxing camp training will be done in the Tennis Center. All participants have a choice of a Deluxe Room, Executive Room or a Suite.

ACCOMMODATIONS WITH DELUXE ROOM

- \$1350.00 per person
(based on two persons sharing a room)
- \$2025.00 per pers plus one guest
(not attending clinic)
- \$2700.00 per pers plus 2 guests
(not attending clinic)
- \$1700.00 per person for private room
- UPGRADE TO EXECUTIVE ROOM - \$300
- UPGRADE TO SUITE: \$600

