

# 2024 RECA KNOCKOUT NIGHT BOXER GUIDELINES

## Training Information

- All interested boxers are required to attend **an open-call training session on October 17 or October 19, 2023**. Please register [online here](#). The open-call session and training will take place at **Richard Lord's Boxing Gym located at 5528 N Lamar Blvd at 6:00 p.m.**
- Our trainer, Richard Lord, will select boxers to participate in training beyond the open-call sessions.
- 8 boxers will then be selected to fight at KnockOut Night. Match ups will be determined by our trainer based on skill level, age and weight class.
- Boxer photos and videos are scheduled for Monday, December 18 during the regular training time.
- Beyond the open call sessions, boxers must be current RECA members to participate in training.
- Training will take place three times per week **beginning on Monday, October 23, 2023** at 6:00 p.m.. Boxers are expected to attend all training sessions in order to adequately prepare for the event. All training sessions will take place at the following times/location:
  - **Mondays, Tuesdays and Thursdays from 6:00 – 7:00 p.m.**
  - **Richard Lord's Boxing Gym, 5528 N Lamar Blvd, Austin, TX 78757**
  - **No training the week of November 20 and December 25.**
- All selected boxers will be required to sign a liability waiver and sign a video release form. We will distribute all forms at the open-call sessions.
- Scheduled training sessions paid for by RECA.

## Event Information

- KnockOut Night 2024 will take place on Thursday, February 1 at the J.W Marriott at 6:30 p.m.
- A small number of standing room only tickets will be available for purchase by final boxer's for their friends, family and/or entourage (8 tickets per boxer). These tickets are not for sale to the public.
- Final boxers do not need a ticket to the event.

## Questions?

Contact Paula Romano at [paula.romano@reca.org](mailto:paula.romano@reca.org) or call the RECA office at 512-320-4151.