

DC BOXING

CONTACT

Darin Carroll ph. 315.416.7068

COURSE DESCRIPTION

Darin Carroll and DC Boxing are the areas leaders in boxing instruction for all levels. Participants will learn a wide variety of techniques to burn fat, develop muscle all while learning boxing under the watchful eye of Coach Darin Carroll. Classes are taught in a safe, non-threatening manner where students will be challenged while having fun. Students become more confident by developing effective self-defense skills.

CLASS DETAILS

Courses can be structured to fit the particular needs of an organization or group. Most courses run for 8-12 weeks. Course covers basic boxing skills and their self-defense application. Students will be challenged by the course content all while having fun!

COST

The price is dependent upon length of course, number of participants, etc.

BACKGROUND

Coach Carroll has been involved in boxing both as a coach and competitor for over 27 years. His longevity in the sport of boxing can be attributed to his intense passion for teaching others. Darin is a 4-time Golden Gloves competitor at four different weight classes and two times Empire State Games competitor. Today Darin coaches all levels from National Champions to everyday people who are attempting to get into shape and learn self-defense. In addition to teaching at several area martial arts schools, fitness centers and high schools – Darin also teaches boxing courses at Cornell University.

RECOMMENDATIONS

I have known Darin Carroll for over 25 years, in the recent years I have had the opportunity of working with Darin, hiring him as a Boxing Coach for some of my Cornell University Programs. Darin is a consummate professional. He has consistently brought an attitude of energy, respect and professionalism within his coaching style. His openness and constant strife for improvement, both personal and with his students, is unique and remarkable. Darin is always been there to help and lend a hand to someone in need. I give Darin my highest recommendation as a Boxing Coach and I feel he would be a huge asset to any program or organization that he works with.

–Kevin Seaman, 40 year Martial Arts Veteran, Hall of Fame Inductee, Published Author

Our annual summer trip from Italy to the U.S. was made especially memorable by Darin Carroll's boxing program. I was looking for something meaningful for my 15-year old daughter and Darin was just the ticket. After only a half dozen lessons my daughter's confidence, self-esteem and strength had increased tenfold. Darin Carroll's fitness and self-defense lessons have had an impact on Marianna's personal, social and academic life! **–John Pitonzo, Literature and Drama Teacher International School of Florence Italy**