



Courtney Fry

Boxer

Courtney's career highlights include: ABA national champion (three times), Olympic representative (2000 Sydney Olympics), Commonwealth Gold medallist, European Silver medallist, N.A.B.C champion and 4 Nations champion. He is a Multination Champion in countries such as Denmark, Sweden, Canada, Norway, Finland, Belgium, France and various parts of Russia.

What is your favourite/most important piece of kit?

Gum shield as it can save all your teeth.

Best piece of advice that you have ever been given:

C.A.N.I Constant And Never-ending Improvement is the goal to success.

What advice would you offer for any one looking to try something new or to better themselves?

To try, try and try again – Constant And Never-ending Improvement. You will only get better. Also try to enjoy what you're involved in, it will only make improvement easier.

What is the most challenging situation that you have been in and what was the outcome?

One of the most challenging situations I have been in would have to be boxing when my second baby was to be born two and a half months premature. I won the match by knockout and the baby was born nine or so hours later.

Why have you decided to become an Athlete Mentor?

I love trying to make a change for the better and to help. Work with young adults that may not have had the help I have or have just simply gone off the rails can be extremely hard to engage with. Work with them is very satisfying and rewarding. It's also different everyday.