

VIBE ACTIVITIES

Stay Strong – *Punching above his weight:* Andrew Saunders pages 20 and 21

Punching above

Through his dedication, Andrew's amazing transformation has put his dream in reach

AROUND TWO YEARS AND 30KG AGO, ANDREW SAUNDERS HAD LITTLE CONFIDENCE OR MOTIVATION, HIS HEALTH WAS DETERIORATING, AND HE WAS BECOMING INCREASINGLY WITHDRAWN. THEN, SOMETHING CLICKED. HE WAS TIRED OF FEELING DOWN, PHYSICALLY, MENTALLY AND EMOTIONALLY, SO HE GRABBED LIFE BY THE HORNS AND MADE AN AMAZING AND INSPIRATIONAL TRANSFORMATION.

Andrew underwent a radical change. He traded the lounge for the gym, and fast food for healthy foods. Fuelled by his passion for boxing, he began training at the Port Augusta Boxing Club. Within 14 months, he had shed one-third of his body weight and was ready for his first boxing bout.

"When I was 30kg heavier I felt unconfident, and I didn't feel good about myself," says Andrew. "I'm way more confident with everything now. I feel way happier and I'm just enjoying myself at the moment."

In fact, the young man's journey was so inspirational that when Anthony L'Huillier, a producer from ABC News, saw Andrew's determination, he decided to make a documentary about it. Shot over 21 months, *Becoming My Own Person* follows Andrew in his times of triumph and failure on his journey to becoming a boxer.

"Anthony does training down at our gym and he looked at me and saw my

dedication and my hard work. He was there from the start when I was 30kg heavier, so he just started to do a documentary on me," explains Andrew.

"I'm actually pretty happy because I always wanted to do something like that and inspire other kids and everyone who's got problems and hard times – not just trying to lose weight, but having a hard time with anything. There's always some good going to come of it."

Andrew had a solid foundation of support behind him that kept his morale up in times of weakness. His parents, brother, boxing coaches and friends – who are all thoroughly proud of him – were with him the whole way.

"[I did it] through hard work and dedication and just kept thinking 'keep going' and 'I'm going to get there'. It was hard work because all I was doing every day was training and not eating a lot. It was hard but I got there and it was all worth it," he says.

Andrew's fitness journey initially started due to his interest in boxing and aspirations to box professionally one day. After speaking to a trainer at his local gym, it was suggested that Andrew shed some weight over the Christmas holidays and return. When he did, to the trainer's amazement, he had lost 9kg.

From there, Andrew trained six times a week, sparring, sprinting, jogging and doing weights. Within a few months, he was in the best shape of his life, weighing 63kg and ready to box.

In August 2013, Andrew won his first boxing match in the Boxing SA Tournament. One month later, he competed again and was victorious. He then went on to compete in the Amateur South Australian Titles in the junior novice division and won that bout by

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default. Because he couldn't compete in the titles, he was entered into a show fight the next day but, despite fighting valiantly, Andrew tasted defeat for the first time in his amateur career.

Andrew, who cites Filipino pocket rocket Manny Pacquiao as his favourite boxer, became a household name among the local boxing community, but after his loss, he started to doubt his ability. Still, he jumped right back on the horse, subsequently winning his next match in February 2014 and the biggest match of his amateur career the following month.

"It's good, really good. But I still have a long way to go and I'm taking small steps and just enjoying myself and enjoying life," Andrew says. "I want to try to go as far as I can with boxing and with anything I do."

Whatever happens he knows he won't let himself go back to being unhealthy and unhappy, something he stresses when asked "What would you say to yourself 30kg ago?"

"I never thought of that before, but I'd probably say, 'Why did you get that big?' I don't want to go back there again," he says.

Andrew will continue to train hard well into the future, while he also does his best at school. So keep an eye out for him, because at this rate, anything's possible.

Name:

Y E A R

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Andrew Saunders** pages 20 and 21

his weight

sformation

**STAY
STRONG**



Andrew was lacking in confidence and motivation, but 30kg later his confidence is at an all-time high and he's fitter than ever.

PHOTOS COURTESY OF ANTHONY L'HUILIER, ABC OPEN PRODUCER AT ABC NEWS AND MAKER OF BECOMING MY OWN PERSON.

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JUNE 2014 / DEADLY VIBE / 21

Andrew Saunders started training at a boxing gym in South Australia. He wanted to become fitter and healthier through exercise and a healthy diet. He trained six days a week.

Andrew won his first boxing match in the Boxing SA Tournament in 2013.

His story has been documented in the ABC program called *Becoming my Own Person*.

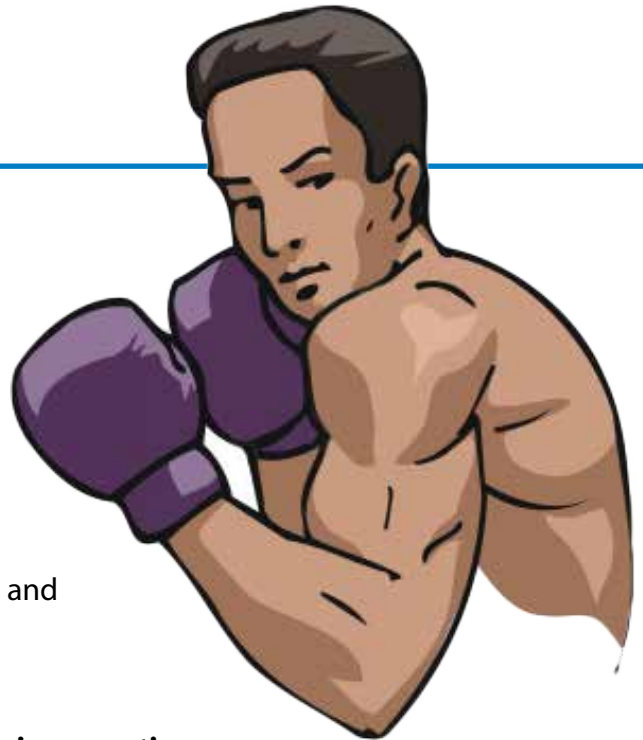
READ *Punching above his weight: Andrew Saunders* on pages 20 and 21

ACTIVITY 1

BUILDING READING SKILLS

You can build your reading skills by

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world.

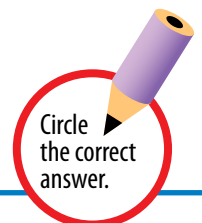


There are three levels of comprehension questions:

Literal The answer is located in one sentence in the text.

Inferred You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied The answer is in your background knowledge, what you already know or feel.



1 TRUE or FALSE? Circle the correct answer. (literal)

Andrew lost about 50kg in weight.	TRUE	FALSE
Andrew always wanted to be an inspiration to others.	TRUE	FALSE
Andrew won his first match in the Boxing SA Tournament.	TRUE	FALSE
Andrew trains hard and tries to do his best at school.	TRUE	FALSE

ACTIVITY 2

CLOZE PASSAGE



1 Fill in the gaps using words from the **Word Box** below.

Andrew Saunders made a determined _____ to become more fit and _____. Fuelled by his passion for _____, he joined a _____ and _____ hard six days a week. As a _____, he lost 30kg in weight and his _____ has soared. His story was so inspirational, it has been made into a _____ program called Becoming my own person. Andrew has won several boxing _____ and is continuing to follow his dream to become a _____ professional boxer.

Word Box

successful confidence matches television
result gym healthy boxing trained decision

2 Place the words from the **Word Box** in ABC order.

3 What would you like to do to be an inspiration to others?
Explain your choice. (applied)



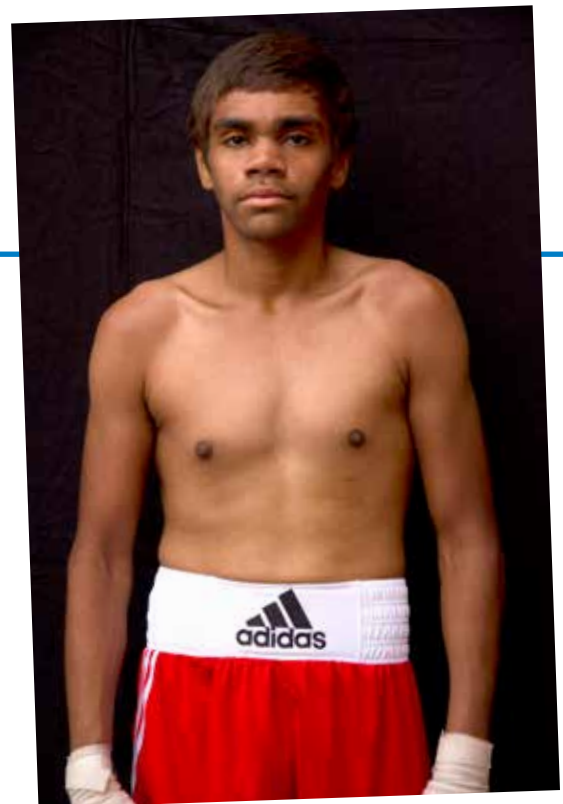
ACTIVITY 3

LANGUAGE CONVENTIONS – CONTRACTIONS

1 Write the words that each contraction stands for.

An example has been done for you.

(I'm) I am going to get better.



(He's) _____ undergone a radical change.

He (didn't) _____ feel good about himself.

(There's) _____ a lot of good coming from this.

(It's) _____ really good to feel fit.

I (don't) _____ want to be unhealthy.

ACTIVITY 4

PUNCTUATION



1 Rewrite these three sentences with the correct punctuation.

andrew will continue to train hard in the future it was hard but i got there
it was all worth it said andrew

ACTIVITY 5

SPELLING

1 How many words can you make from the letters in **BOXING MATCH**?
