

YMCA 175

# Oral Histories and Stories

Story teller ..... Sean McGann

Subject ..... Personal Reflection

Date ..... 4 August 2019



**Sean McGann, YMCA Fylde Coast. Interview conducted by unknown.**

**Int:** Okay, if you'd like to introduce yourself and me about you, and what you do now.

**SM:** My name is Sean McGann, and I'm 28 and I own McGann Box & Fitness, as a Personal Trainer and Boxing Coach, so I work with young people, adult, swimming, people with special needs, just anyone who wants to get fit or learn to box.

**Int:** Okay, and how did you get into fitness and boxing? And how did the YMCA play a part in that?

**SM:** So I was about 14 at the time, and I was at school, I was getting in a bit of trouble, I was fighting with other schools, and my dad always said you should go to boxing because I was quite sporty and a couple of my friends did actually go to boxing and I went down to the gym with them, went down my first session and loved it, got absolutely hooked straight away but then unfortunately the gym got closed down, it was getting turned into flats, so had a couple of months where we didn't have anywhere to go, or couldn't box and then the YMCA allowed us to have, put a boxing gym with a youth club into the loft house building. So found myself going from nothing at all to we had four classes a week, Monday, Tuesday, Wednesday, Thursday, so I was focusing just on my training and then on the Friday and Saturday night we were pretty much going out and boxing round the country.

It gave me, it gave me discipline to stop fighting, it sort of, I got too tired to go out after training so I went training, home, sleep, back to school. When I started competing I took it a bit more seriously, and then other kids were coming through the classes and I was helping out coaching, passing on what I'd learnt from my fights onto them, and then from there started being assistant coach. I got my coaching badge through YMCA, well, helped got the certificates through YMCA, so they allowed me to do my first aid course here, and I needed that so if anything was to happen with the kids in their classes, I would know what to do straight away, then I got my level 1 assistant coaching badge, from there I was passing on all the information I had to the younger kids, hopefully getting them off the streets as well and if they were in the same path that I was going through that hopefully they would see me as a bit of role model, and try and do what I did and then just have a drive to box and do good.

Yeah, I also, when I was competing, YMCA, as I was volunteering helping the classes, they gave me a gold membership for the gyms so I go, I train sometimes at the boxing gym, then I'd go over to any of the YMCA facilities, then I'd do my strength training or swimming or any of the classes that I wanted to there, so that made me a better boxer, which also motivated me to do better in what I was doing. A few year's later in one of my last fights I got an injury on my nose, I had a blood clot in my septum, and I couldn't box for a while, and then I had to, I kind of felt like I had to do something with it, with the sport because I love it so much, became a PT and got a level 2 boxing coach certificate, so its allowed me to learn more about boxing, I'm doing it full time now, and working with YMCA, alongside them, doing my private sessions inside the boxing gym here and also trying to build it up and get kids off the street and as many adults healthy and fit as I can, YMCA has massively helped me do that, otherwise I don't know where I'd be without. If I didn't box, I probably be in an office, or doing something I hate, whereas now I wake up every day and I'm happy and helping other people go through the same thing I have.

**Int:** Okay, thank you for your time Sean, and for sharing your YMCA experience.