



*We're talking to*  
**Caroline Dubois**

The British pro boxer and new International Boxing Organization's lightweight world champion talks about consistency and making sacrifices to get ahead

**When I started boxing at the age of nine, there were loads of clubs around but none that allowed females into the gyms.**

I wanted to train at Boxing Club like my older brother [heavyweight champion] Daniel, but the coach at the time just didn't believe there was a place for females in the gym. The only way I could join was if I said I was a boy, so that's what I did. I became Colin.

**When my dad and I looked at clubs where girls could spar, we felt they didn't take things**

**so seriously.** I knew I wanted to go all the way to the top, having hard spars like my brother, and not just taking it easy because I was a girl. I wanted the best and the hardest experience; the one that was going to make me a better boxer.

**When I was 10 or 11, Repton got me a fight, but that meant I needed to have a medical, so I left.** When my dad and I met my new coach Gary McGuinness at the Dale Youth Boxing Club, we told him I'd been sparring all the boys at Repton, and asked if

he'd train me as a female. He was the first to accept me and take me on to fight.

**You have to make a lot of sacrifices, you can't eat what you want, or lay in bed when you're tired, but it's worth it in the end.** I do what I do for my younger self, and if she could look into the future and see me now, she'd be so proud. I do it for her, for my brothers and

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sisters, and for everyone else who relies on me. The greatest sacrifices we can make are sacrifices that are not just for ourselves.

**I would say 70 per cent of my performance is down to mindset.** Anyone can get up one day and do an intense training session, but can you do it six days in a row and keep up the diet 365 days a year? Can you maintain discipline on the days when you feel tired and alone, and like no one is supporting or pushing you? That's what boxing teaches you: that you must find that reason to train within yourself and commit to it fully.

**Anyone that wants to get into boxing needs to be passionate and dedicated, and you need to have fun.** If you want to do any sport to a high level, you need to enjoy it and find that reason to keep turning up. As the saying goes, "If you do what you love, you never work a day in your life". 🏆

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