

YVONNE CAPLES

SKILLS

I truly understand the art and science of boxing and what it takes to be a world class boxer. I am skilled at breaking down techniques and designing programs that are enjoyable and effective for all skill levels and ages.

EXPERIENCE

Boxer | 1993- 2014

Trained and competed as an amateur and professional boxer. 3X San Francisco Golden Gloves Champion, 1999 National Golden Gloves Champion, IFBA World Champion, IWBHF Hall of Famer, Class of 2025. Traveled the world to compete. Consistently ranked in the Top 10.

Boxing Coach | 1997- present

Work with athletes at the amateur, recreational and professional level. Created first women's collegiate boxing team at UC Berkeley. Developed high school boxing program. Coached boxers at competitive events. Enlisted to be a high-performance coach at USA Boxing Training Camps. Design individualized plans for personal clients. Current Gym: Jawbreaker Boxing

Boxing Official | 2012-2014, 2021-present

Support local USA Boxing amateur events as a judge, referee, and timekeeper.

EDUCATION

B.A. | English | UC Berkeley

M.S. | Sports Coaching | US Sports Academy

M.Ed. | Curriculum and Instruction | UNLV

SUMMARY

I have been a passionate, committed advocate and participant of boxing for over 30 years. From being a world class competitor to coaching and officiating with precision and focus, I hold myself to a high standard of continual skills development and compassionate, dedicated care for those I work with in the sport.



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[LinkedIn](#)



yvonne.caples.boxing

Boxing Website:

<https://yvonnetcaples.com/boxing>

CERTIFICATIONS

- **USA Boxing Bronze Level Coaching Certification**
- **ABC Boxing Professional Judging Certification**
- **Level 1 USA Boxing Officials Certification**