



Quality education in a faith based environment

Clyde Dumont Celebrates Perfect Record

Union Catholic High School is proud to recognize Class of 2009's **Clyde Dumont** for holding a perfect amateur boxing title of 16-0. Clyde, a resident of Roselle, has been privately training at **Tigers Martial Arts Academy** in Rahway for the last five years. Under the guidance and direction of his instructor, Irvin Charleston, Clyde trains seven days a week with a workout consisting of mixed martial arts and standard UFC boxing techniques. He also notes that it's as much of a mental sport as it is physical. After an intense cardio workout, Clyde focuses on strength and conditioning through various abdominal workouts until finally hitting the boxing bag. As he competes in the heavyweight division, his opponents range from 200-300lbs from surrounding towns such as Linden, Rahway and Roselle. As a UC student, Clyde was a member of the freshman basketball team as well as both the Spanish and Technology clubs.

As Clyde prepares to attend Bloomfield College in the fall, he hopes to major in Science where he can pursue a career as an autopsy technician. "I've always been interested in the anatomy of the body which is why I am so focused on having an overall healthy self," he comments. He looks forward to "retiring" with this perfect record as he plans on committing himself completely to his collegiate education. For more information on this program, visit <http://www.tigersmartialartsrahway.com/>.

