



MEDIA RELEASE

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TEEN SENSATION OUTSHINES 26 YEAR OLD TO BECOME NSW K1 MASA STATE WELTERWEIGHT CHAMPION

Wyong League's Club on the Central Coast NSW, played host to what may, one day, become known as a pivotal moment in history on Saturday 5 of August as rising star Caleb Gouck took on, and won, against his worthy opponent ten years his senior.

The Supremacy Fight Series returned for an evening of Kickboxing and Muay Thai fuelled action. At the centre of the fierce competition stood Caleb Gouck, a 16-year-old prodigy, who left attendees in absolute awe as he claimed the title of NSW K1 MASA State Welterweight Champion.

Caleb's journey to victory was nothing short of exceptional to watch. Facing Dean Micevski, a 26-year-old opponent in a much-anticipated rematch, Caleb displayed maturity and technical prowess far beyond his years.

Five rounds of intense back-and-forth action culminated in an awe-inspiring slugfest during the final round, where both contenders fought with everything they had left in the tank, fighting with sheer determination and grit. In the end, it was Caleb Gouck who emerged victorious, solidifying his position as a force to be reckoned with in the realm of combat sports.

Having an impressive amateur record of 8-3, Caleb's skill and finesse in the ring have not gone unnoticed. His debut in the Supremacy Fight Series back in April served as a testament to his potential, as he showcased his talent and skill.

The driving force behind Caleb's success lies in his dedicated training at Fight Factory + Fitness gym in West Gosford. Under the guidance of the incredible head trainer, Luke Draper, Caleb has honed his abilities and perfected his art since the age of twelve.

"Caleb's triumph is a testament to his dedication and passion for the sport. With his talent and potential, I'm excited to see how far we can go." exclaimed Luke Draper, the head trainer at Fight Factory + Fitness.

Fight Factory + Fitness boasts the luxury of an on-site sports therapist to help their athletes achieve peak physical performance, prevent injuries and maximise training outcomes.

"Caleb had to lose 4 kilos prior to his weigh-in for this match. In the world of combat sports, many athletes enter into risky techniques to strip the weight and hit their goal weight." explains Tash Gallick – Sports Therapist at Fight factory + Fitness.

Unlike conventional practices in the sport, Tash believes in the right nutrition and conditioning techniques.

"The standard practices are unhealthy, especially for a 16-year-old. We prioritised meal planning for optimal nutrients to enhance Caleb's performance. Additionally, we tailored exercises to improve balance, core strength, and mobility, preventing injuries." Tash concludes.

The rise of Caleb Gouck has put Fight Factory + Fitness gym in the spotlight as a haven for aspiring young athletes. Guided by Luke Draper and Tash Gallick's athlete-centred approach, the gym has garnered praise from athletes and parents alike, making it a great choice for anyone seeking to excel in the world of combat sports.

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