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Teen Boxer From Canberra Eyes Olympic Dream as He Heads to Germany

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At just 17 years old, Canberra's Beau McCarroll is chasing a goal bigger than most his age: representing Australia at the Olympics. This month, the young boxer will take his first major step in that direction, traveling to Germany to compete in the Brandenburg Cup, a respected international amateur boxing tournament. It's a path requiring grit, discipline, and self-belief, qualities Beau has already shown in spades.

Beau began boxing at age 10 and has trained with the determination of someone who always had his sights set high. Inspired by fellow Canberran Monique Suraci, who recently

secured her spot at the 2024 Olympic Games, Beau now trains under her and coach Garry Hamilton at Stockade Training Centre in Fyshwick. His current regimen includes two training sessions a day, six days a week, with Sundays reserved for recovery.

“It’s morning training on my own, then afternoons with the rest of the team,” he explained. That dedication sees him up at 6 a.m., training before heading off to Erindale College, where he’s part of the Talented Sports Program. After school, he’s back in the gym before heading home to rest and prepare for another day.

Beau balances a full academic load, math, English, sport and development, metalwork, and a Certificate III in Fitness, while competing at the highest levels of youth boxing. In 2024 alone, he was crowned the Australian Capital Territory (ACT) youth champion in the 60-kilogram class and also clinched the New South Wales (NSW) King of the Ring title.

He will compete in the 65-kilogram weight class at the Brandenburg Cup, going up against boxers from 16 other countries. The competition serves as a vital stepping stone toward qualifying for future world championships and, eventually, the Olympics.

Though ambitious, Beau keeps a grounded mindset. “I try not to think too far ahead,” he said. “It slows your reactions. One fight at a time. That’s what I’ve learned.”

That lesson came into focus during a recent tournament in Adelaide, where Beau defeated a two-time national champion in a major upset. It wasn’t just a turning point in his career but also a personal milestone that reinforced his belief in staying present.

Despite its physical nature, Beau said boxing is a sport built on mutual respect. “You may not like the person, but you respect them for stepping in the ring,” he added. He values the camaraderie among fighters, win or lose, noting that the environment remains respectful and supportive.

Although he’ll travel to Germany without his family or coaches by his side, he says the support he receives from home fuels his motivation. “I’m boxing for my family, my supporters, and myself,” he said.

As Beau prepares to represent Australia on foreign soil for the first time, he carries the discipline of his training, the lessons of past matches, and the hopes of those backing him. For this young fighter from Canberra, the journey toward Olympic glory is just beginning, and it’s one he’s ready to face, one round at a time.

