



## ***Boxing Class Rules and Policies***

Class are structured and scheduled by age groups and by experience level. There are three different levels in boxing. Beginning, intermediate and advanced. All promotions are up to the sole discretion of the coach. This is not a parental decision, if for some reason you think that your child should move to a different level or you want to discuss your child's progress please schedule a meeting with the Head Coach of your Son/Daughter's class. All advancements MUST have the Head Coach signature of approval prior to any level changes.

### **Class Rules:**

- Class begins at 4 p.m. sharp  
(Be ready with your hands wrapped)  
Discipline for being late is as follows:  
4:01-4:05 - 100 push-ups  
4:06-4:10 - 200 push-ups  
4:11-4:15 - 300 push-ups  
After 4:15 - no admittance
- You are advised to bring your own water bottle
- You are only allowed to go to the water fountain at certain times
- Talking when the coach is talking is not permitted
- Profanity is not permitted
- Punching Another Student (even in play) is not permitted
- Food & drinks are not allowed in the gym excluding water or Gatorade
- You are required to stay until class is dismissed
- Parents and friends are welcome to watch, but you are not allowed to talk with them during class (You will do push-ups and they will be asked to leave)
- Your mouthpiece should be in during class
- No garbage on floor or in gym
- Dress code is enforced including:  
No hoods on head, Do-rags, bandanas, skullcaps, sagging clothes, gang attire.
- All equipment is to be put away after use
- No disrespect, trash talking, or bad attitudes will be tolerated
- No use of cell phones in the boxing gym

### **Uniforms:**

No jeans are allowed. During practice dress as if you are going to a gym, i.e.: cotton shorts, sweats, t-shirt, tennis shoes.

### **Equipment:**

You are required to purchase hand wraps and a mouthpiece when you register for class do not loose these. You must wear both at every class. If you loose them or forget them you may purchase a new set in the office.