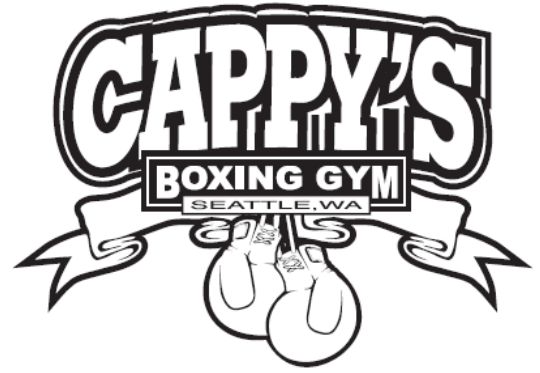


YOUTH BOXING



PARENT AND GUARDIAN GUIDELINES

Parents and Guardians:

Learning how to box has long been a way of teaching youth fundamentals life skills they will use the rest of their lives. Cappy's Boxing Gym's Youth Program is designed to be a fun, safe and rewarding learning experience that offers boys and girls ages 8-17 the opportunity to become stronger mentally, physically, and emotionally.

Our coaches care about your kids. They care that your child learns the rewards of practice, discipline, patience, respect, and that he or she not only learn to box safely, but that he or she carries this training over into all aspects of his or her life. Please read our Youth Program Guidelines so that you can be part of the program too:

1. Every Youth starts off in Level I as a Beginning Boxer, and can progress through the Levels to Fitness Boxer, then Recreational Boxer. Once a Youth has completed Level IV, he or she may apply to Cappy's Boxing Club (our competitive Boxing Team).
2. Each boxer needs to wear workout clothes. Specifically, some kind of gym shoe, shorts or sweats and tee shirt.
3. Boxers need hand wraps, and if she or he is going to spar, a mouth guard is required. Both items can be purchased at the gym. All other equipment is provided.
4. Please be on time. We recommend the boxers arrive at the gym 15 minutes before class begins so they can change clothes and wrap their hands.
5. Boxers are in the gym to train. No horseplay or goofing off. We encourage parents to watch, but please, no coaching from the sidelines.
6. Learning how to box is about learning to control emotions, in particular anger. We expect our boxers not to engage in verbal or physical fistfights at school, home or in the streets.