

Astley V.I.P Amateur Boxing Club

GYM RULES

- Subs **MUST** be paid immediately when entering the gym
- Training kit must be worn at all times - no school uniforms, no work clothes, no jeans, no shoes
- Not too much talking - You come to the gym to train **NOT** talk!
- If you use gym equipment then you must put it back where you got it from - **DO NOT** throw it on the floor!
- Nobody under the age of 16 to enter the weights area without permission from the trainers
- No children under the age of 8 allowed in the gym at anytime
- No swearing
- No spitting on the floor

Boxers

- Boxers must be within 5 pounds (2.5kgs) of their fighting weight at all times during the season
- Weight must be checked regularly - at least once a week
- When travelling to shows boxers will travel with the coaches at all times
- Parents, friends and relatives **MUST** make their own way to the venues
- NO** parents or relatives will be allowed in the changing rooms at contests at any time
- Boxers should inform the trainers **IMMEDIATELY** if they are unable to take part in a contest arranged for them

Training Sessions

- ❑ The coaches will decide the training plan for each individual session
- ❑ Anyone disrupting a training session may be asked to leave the premises
- ❑ Boxers to be coached by ABA qualified coaches only - no shouting or coaching at ringside while sparring is taking place
- ❑ Any complaints about training sessions should be given to the coaches who will raise them at the next scheduled Committee Meeting

Contests

- ❑ Boxers should remember that they are representing Astley V.I.P when they travel to contests
- ❑ Boxers and coaches should behave in a manner that helps to maintain the good reputation of the Club

**“Anyone who breaks these gym rules
may be asked to leave the premises
or may be banned from attending
future training sessions at the Club”**