

Corcoran's Boxing and Fitness Centre

Team Training Expectations and Rules

Welcome to Corcoran's Boxing and Fitness Centre. We are a family run not for profit sporting club. We are passionate in our approach to training both for physical and mental health. We take our training both as athletes and coaches very seriously. We have worked very hard over the past 2 years to build our club and have done so by getting results.

If your team has chosen to train with us, we first would like to welcome you into our club and into our program.

Most of the teams that train with us are "rep" teams and are looking to get an edge through the tough and dynamic training that the sport of boxing demands.

The successes we have had whether it be an individual making a lifestyle change by losing weight etc or one of our athletes meeting a specific goal the common trait in both is the effort put in.

Co-vid 19 Protocols and rules:

With the strict guidelines in place by the Ontario government as well as our Ontario Boxing Association regarding Co-Vid 19 we would like to cover a few rules governing procedures within our facility.

Masks are required in the common areas of the building. This includes the hallway leading to the club and the washrooms. The washrooms are limited to 3 people at a time. Unfortunately, our showers and sauna are currently off limits. Masks are not required while training. Coaches will wear masks during certain training including padwork. If there are other classes in progress when your team arrives, we ask that you respect social distancing rules etc.

General rules for our club:

- 1: Respect our coaches and trainers and current members.
- 2: Respect your teammates, training partners etc.
- 3: Be ready to train! This means be on time, have your required equipment (proper shoes, water bottle etc) Late notice or no shows without valid excuse count as a workout!
- 4: Full payment for training is required before training begins.
- 5: When the coach is speaking, no other person should be.
- 6: No outside food is permitted within the gym.
- 7: Clean up after yourself. Wash down equipment after use put garbage and recycling away in the proper containers.

- 8: Make sure all required paperwork is filled out prior to training. (Coaches or organizers of the training)
- 9: Respect our equipment! Absolutely no climbing on our boxing ring, heavy-bags etc. Equipment is not to be touched or used unless instructed.
- 10: Absolutely no phones are permitted during training with our youth teams. (kids are not permitted on phones unless an emergency.)
- 11: No outdoor shoes are permitted inside the gym or to train in. Proper shoes are required for training. No skateboard shoes, deck shoes etc. Cross trainers, running shoes and boxing boots only!
- 12: We value your time and money and ours! Come to train and work hard! You will see results only through the effort put in. If the rules are followed there may be a caution and then you will be asked not to return and there will be no refunds!