

WIEG DER KAMPIOENEN

CRADLE OF CHAMPIONS

VBSK: OFFICIAL BOXING SCHOOL FOCUSED ON COMPETITION BOXING

NEW MEMBERS

WELCOMING A RANGE FROM TOP ATHLETES TO RECREATIONAL BOXERS, VBSK IS THE PLACE FOR YOU! AS AN OFFICIAL NBB/NOC*NSF BOXING SCHOOL, WE EXPECT FULL DEDICATION DURING EACH OF OUR MANY TRAINING COURSES. ALL OF OUR EXPERIENCED TRAINERS ARE FULLY LICENSED AND LOOK FORWARD TO WORK WITH YOU TO HELP YOU REACH YOUR FULL POTENTIAL!

ARE YOU DEDICATED TO BOXING?

OF COURSE NOT EVERYONE ENDS UP FIGHTING OFFICIAL MATCHES. WHETHER YOU WANT TO ENTER THE RING OR HONE YOUR BOXING SKILLS, WE DO EXPECT FULL COMMITMENT FROM ALL FIGHTERS WHO TRAIN AT VBSK.

WHAT DO YOU HAVE TO BRING

MOUTHGEAR

BANDADGE

14 oz. GLOVES BELOW 75 KG BODY WEIGHT

16 oz. GLOVES ABOVE 75 KG BODY WEIGHT

INDOOR SHOES



RULES

1. RESPECT

Respect your coach, the trainers, the club, the equipment, the training, the sport, your team, members and respect yourself. Our classes are only for those wishing to compete or who are already competing in amateur or want to be better in boxing.

2. SIGN YOURSELF IN BEFORE TRAINING!

Step 1: Register yourself in your Grib app before every training session



Step 2 : BEFORE you enter the boxing gym, you are also required to check in on the tablet in the hallway

▶ **DO NOT** Enter a competition class without being selected by the Head Coach or Assistant Coach

3. DISCIPLINE

Be on time - No jeweler - Raps are on before entering the gym

Display sound judgement and morals. Develop and maintain self-discipline in the boxing club. This will spill over into all areas of your life. When asked to do an exercise or drill, do the exercise at your full potential. No slacking. Give your best. What you put into your training, is what you will get out of it. If you are not succeeding in your goals, take a look at your effort and self-discipline. Be on time; with eyes and ears open, ready to work.

4. TEAMWORK

Do your part in motivating and assisting all members of your team/class in a positive manner, to develop camaraderie and work as a team. Be positive and helpful. Negative comments or gestures will not be tolerated. Eye rolling and back chatting is your ticket out the door. If you are chosen to be on the team, you will train as a team, we do not allow or except independent fighters or that mentality. Support your team members in the boxing discipline, they're competing as a team and everyone can feel part of the club whether fighting or not.

5. CLEANLINESS

No outside shoes on the gym floor. Pick up after yourself. Do not leave your equipment laying around. Clean your gloves and anything else you have used prior to putting it away. Clean up your sweat. Do this without having to be told.

6. SPARRING

Everyone participating in sparring, training, classes must be registered as a member of VBSK or other official boxing club and have their own boxing gloves, head-gear, gum-shield, groin guard, boxing boots, proper boxing attire. Coaches will have the final say on who is or who is not sparring or attending classes.

7. GYM ETIQUETTE

LISTEN. Pay attention. Less talk, more action gets you to your results. No cursing. Do not overstep your boundaries as a Boxer and teammate. Keep your advice positive. If someone does not want it, keep it to yourself. You may not know as much as you think you do. When you are unsure of a skill, how to use the equipment, or how to do the exercise, ask your coach. Be polite and respectful at all times to all participants.

SAFETY

- ▶ Demonstrate proper technique and form in your class.
- ▶ Listen to your coach.
- ▶ Hands must be wrapped prior to participating in boxing training.
- ▶ **DO NOT** Enter a competition class without being selected by the Head Coach or Assistant Coach
- ▶ Competition Fighters, Please ensure you have the correct equipment to train which is approved for boxing with the Aiba logo & certificate.
- ▶ Do not make contact with bags or touch any equipment without approval.
- ▶ Do not leave your gloves or mitts laying around.
- ▶ Put all equipment back where it belongs. If you don't know then ask.
- ▶ Please bring enough water to every session, and make sure to stay hydrated in your own time outside of the gym.
- ▶ Boxing is a full contact sport and therefore you must have the appropriate boxing equipment, not only for sparring, but also partner drills, drills or pad work.
- ▶ No talking is permitted during class, messing around is not tolerated.
- ▶ If at anytime you feel tired or something is hurting, then you are to let your partner and coach know straight away.
- ▶ Report injuries before training
- ▶ Official Match Fighter must be fully licensed and have medical to participate in sparring.

Boxing is not injury free, even when doing for fitness. You may get injured from minor injuries such as bruises or nose bleeds. It is essential and your responsibility to ensure you have the correct equipment and that you are communicating with your partner or coach fully. VBSK is not responsible for any injuries sustained, exacerbated during training.

ALL BOXING FROM FITNESS, PADS, CIRCUITS, BAG WORK TO SPARRING IS DONE AT YOUR OWN RISK.

Any breach of these rules will result in a disciplinary action.



COMETITION FIGHTER

- ▶ THIS IS SPORT NOT FITNESS
- ▶ YOU ARE SELECTED
- ▶ YOU ARE AN EXAMPLE
- ▶ YOU ARE FULLY COMMITTED AND HAVE TIME TO INVEST IN TRAINING
- ▶ YOU Listen to your coach. Coaches will have the final say on who is or who is not sparring or attending classes.
- ▶ YOU Registering in the grib app for training is mandatory
- ▶ YOU Check-in required upon arrival at VBSK on tablet in the hallway before entering the boxing gym
- ▶ YOU ARE 15 min before time you are totally rapped and Warming up yourself
- ▶ YOU TRAIN a minimum of 4 to 5 times a week at VBSK
- ▶ WE COACHES expect you to do the following training yourself in addition to training at VBSK: Strength - Conditioning - Endurance - Mobility 3-4 times a week
- ▶ YOU HAVE the correct equipment to train which is approved for boxing with the Aiba logo & certificate.
- ▶ Do not leave your gloves or mitts laying around.
- ▶ Put all equipment back where it belongs.
- ▶ If at anytime you feel tired or something is hurting, then you are to let your partner and coach know straight away.
- ▶ Report injuries before training
- ▶ Ask yourself, What are you doing when we are not watching? It shows what you really what.

ALL BOXING FROM FITNESS, PADS, CIRCUITS, BAG WORK TO SPARRING IS DONE AT YOUR OWN RISK.

Any breach of these rules will result in a disciplinary action.



**NEDERLANDSE
BOKSBOND**

