

PKC YOUTH BOXING PROGRAM

What do I need to bring?

Clean Shorts, Clean Sneakers and Clean "T" or Sweat Shirt

(After 2 weeks you will be required to purchase personal hand wraps)

What's expected of me?

Preparation - Show up ready to train with an attitude of serious approach
As training progresses you will learn of proper diet, you will be expected to attempt to maintain your discipline.

Expect to receive criticism, you will get plenty - it is for your benefit - be humble.

Progress, hard work and consistent training will yield results - nothing else will substitute, and from this you will progress.

Respect, give all coaches the respect they have earned, these individuals do not receive Pay, They donate their time and energy, please appreciate it!

School has first priority, if your failing at school you obviously need more time to devote to studies, boxing will take a back seat.

Donations - Parents, since we are a 501c non profit it is important to maintain records.
Please donate by check made payable to "Pottstown Karate Club", and place in an envelope and leave in mail slot located under window display in front of the PKC Building

Donations are expected No later than the 15th of each

Training equipment - Return all equipment to its original storage area after use to include jump ropes, medicine ball etc

Other Classes - when entering and leaving please respect the other sports training that may be in progress on the other 2 floors.

When entering from the front **DO NOT WALK ON THE RED MATS** - please use the blue mats and walk around the back of the room, if a class is in session please utilize the rear entrance if convenient - Thank you

All Donations go directly to the purchase of equipment and the maintenance, and utilities of the PKC Fitness facility.