

CITY OF BALDWIN PARK
Department of Recreation & Community Services



**Baldwin Park Boxing Club and
Weight Training Program**

Goals and Objectives

The purpose of the amateur boxing club and weight training program shall be to foster, develop, promote, and coordinate recreational and competitive amateur boxing opportunities for all club and supportive members.

- 1) To coordinate programs and activities which contribute to the development of individuals' integrity, character, physical and mental fitness, and personal objectives.
- 2) To provide alternative activities and educational enrichment programs in a safe and nurturing environment.
- 3) To encourage, support, aid and abet public participation on behalf of the development of individuals' skills during local, regional, and national programs and competition, regardless of race, creed, age or national origin.
- 4) To enhance the effectiveness of a sound amateur boxing training program without the emphasis of competition. The program is geared to introduce the sport of amateur boxing. However, if a member excels in the sport and is interested in competition, the coaching staff can direct you to prepare and compete at local, state and national competitions. There are numerous competition opportunities year-round.

General Rules and Regulations

All participants are required to be current members of the Baldwin Park Boxing Club in order to participate, train or compete on behalf of the Baldwin Park Boxing Club Amateur Boxing/Weight Training Program. However, special membership arrangements may be approved when their contribution outweighs the development and success of the boxing program.

No member will be allowed to spar and compete until the individual has been given adequate boxing instruction and training.



There must be an authorized club instructor present before any sparring and/or training may commence. It is the member's responsibility to properly return all equipment after use and adhere to all gym rules.

Upon fulfilling the required training for competition, the members, volunteer coaches, and coaching staff are responsible to register with USA Boxing, Inc. prior to competition.

Amateur Boxing Staff/Administrator:

Mike Salas, Program Supervisor
Amateur Boxing Program Supervisor
(626) 813-5245, ext. 310



Instructional Boxing Staff:

Luis Rosales, Head Boxing Coach
Alan Velasco, Assistant Boxing Coach
Jeff Elhami, Assistant Boxing Coach
Henry Ramos, Assistant Boxing Coach

If you have any questions regarding the coaching staff, please call (626) 813-5245, ext. 310.

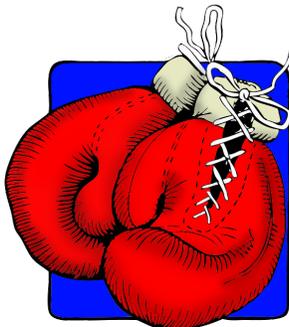
Amateur Boxing Gym Hours

Boxing Gym Schedule			
Youth*	Monday Through Thursday Gym Hours: 3:30 pm to 6:00 pm	Friday hours: 3:30 pm to 6:30 pm	Saturday Gym hours: 10:00 am to 12 noon
Adult	2:00 pm to 3:30 pm 6:00 pm to 8:00 pm	2:00 pm to 3:30 pm	10:00 am to 12 noon (Weight training only)
<i>*Note: An eighteen (18) year old member maybe considered as a youth, provided he/she is still enrolled in high school.</i>			

THE MOST COMMON QUESTIONS ASKED ABOUT THE BOXING CLUB

Why join an amateur boxing program?

The “sweet science” of boxing is an activity that attracts many youths in the community for a variety of reasons. This sport requires a mental and physical toughness that many youths and adults enjoy honing. The sport also fosters a team atmosphere as the members workout together and compete as a team against other clubs at local, state and national levels. For many, amateur boxing is a sport that is passed on from generation to generation. Although boxing is not for everybody; it is certainly an opportunity to learn the “sweet science” of self-defense. Many of the current club members prefer and enjoy the physical training regimen, with no ambition to compete. However, the club can provide numerous opportunities for local, state, and national competitions.



What is the cost for membership?

Each participant must have a current membership.

Fees:

	Monthly	Annual
Residents		
8-17 years	\$12.00	\$100.00
18 years & up	\$22.00	\$200.00
Non-Residents		
8-17 years	\$15.00	\$150.00
18 years & up	\$32.00	\$300.00

What equipment is required on my first day of training?

Each club member must workout in gym apparel clothing (i.e., gym shorts, t-shirts, sleeveless shirt, and sweatpants). We ask that females refrain from wearing spaghetti string tank tops. Hand wraps (\$2.00 each wrap) are available for purchase at the front counter of the Community Center. To start, you need at least two (2) wraps (one (1) per hand). The club has boxing gloves that new members may use. If a member is interested in purchasing their own boxing gloves, staff can provide a list of vendors. Also, before you participate in your first sparring session, you will have to purchase a form fitted mouthpiece. The mouthpiece is available for purchase at the front counter of the Community Center for \$2.00. If a member decides to become serious in the sport of amateur boxing, it is recommended that the member purchase their own personal boxing equipment.



Note: All jewelry must be removed while training. The club is not responsible for any injury caused by earrings, studs and/or body piercing.

When I first start training, how many days of the week will I train?

Usually, a new member will train two (2) to three (3) times a week during the prescribed gym hours for the youth and adults. This will depend on your personal schedule. The instructional staff understands that you may be involved in other athletic activities; therefore, your training schedule may be modified.

How long are the training sessions per day?

A new member may spend one (1) to one and half (1½) hours in the gym during the first three (3) to four (4) weeks of your training program. In time, you will spend up to two (2) hours if you have the desire to compete at a local boxing competition.

Who will be my boxing instructor when I begin the program?

Each member of the club will be assigned a boxing instructor. Luis Rosales, Head Boxing Instructor, will assign your instructor.

If I participate in Little League, “Club Ball” sports team and/or other athletic programs, will this limit my participation in the program?

Your commitment to the sport of boxing will predicate your time in the gym. Although the club encourages members to participate in other athletic programs, it is important that your boxing instructor is aware that you participate in other sport teams and/or activities. This will help the instructor set-up your training schedule.

What if I can only train one or two (2) days out of the week?

Remember our goal is to introduce the sport of boxing. Our coaching staff will understand your personal needs and schedule. If you decide to pursue amateur boxing in a serious fashion, then your training regimen will be four (4) to five (5) days per week. This will prepare you for competition.

How soon before I can spar in the ring?

Your boxing instructor will determine how soon you can spar. Every member will excel at different levels. Therefore, your instructor will determine your first sparring session.

Can my parents watch me train?

Parents are always encouraged to take part in their child(ren)'s activities. However, the club asks the parents to refrain from entering the gym area due to limited space and congestion. In the past, the club has experienced an overabundance of parents wanting to enter the gym area. Parents are invited to view the workout through the "window viewing" area.

If you have any questions or concerns regarding the boxing club program, please do not hesitate to approach or call any member of the coaching staff at (626) 813-5245, ext. 310.

