

Boxing Club Practice Plans - Fall 2020

Boxing Club will be virtual

Main communication via GroupMe (and Instagram for additional workouts and challenges)

Weekly exercises/conditioning/training will be posted

- Lists

- Instructional videos

Occasional challenges will be posted

Occasional zoom meetings will be held

In person practice (NO IN PERSON PRACTICES FOR NOW)

Only properly registered members will be allowed to practice

Members must sign up via GroupMe polls before attending practice

- First come first serve basis

- Members will be notified if they can attend practice

Members must complete wellness check before attending practice

Members must check in with officer to check in before practicing

Masks must be worn at all times

Only 14 members allowed in the MAC Suite at one time

Only 2 members allowed in the Boxing Suite at one time

Only 4 members allowed to wait outside of the MAC Suite at one time

Members must maintain 6 feet of social distancing

Conditioning only → NO PADWORK OR SPARRING

Members must bring their own equipment

- No sharing equipment (ex. Jump ropes)