



Wimbledon Boxing Club

Parent Information Pack – Youth Boxing (Ages 11–17)

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This pack is for parents and guardians of young people attending Youth Boxing sessions at Wimbledon Boxing Club. It explains what to expect, how sessions run, the safeguarding arrangements in place, and practical information to help your child get started confidently.

Quick overview

- Youth sessions are for ages 11+ to 17 years old. Sessions are coached, structured, and age-appropriate.
- Training is structured around Fundamentals, Fitness, and Skills, with safe progression and clear standards of behaviour.
- Bookings are managed online through training passes and drop-ins. Passes have clear validity windows and a 24-hour cancellation policy applies.
- Parents or guardians are responsible for the participant's travel to and from sessions, including arrival and departure from the venue.

Coaching approach

Youth sessions are coached with an emphasis on learning and development. Training is structured around three complementary class types:

- Fundamentals: stance, guard, footwork, attack and defence, coordination, and “boxing school” drills.
- Fitness: high-intensity boxing conditioning including dynamic warm-up, shadow boxing, skipping, circuits, strength & conditioning, and shuttle runs.
- Skills: higher-skill technical work including drills, partner work, technical and tactical exercises.

We prioritise correct technique, control, and safe progression. Progress comes from consistent attendance and attention to detail.

Youth Sessions Timetable

Monday	17:00	Youth Boxing – Fundamentals
Wednesday	17:00	Youth Boxing – Fitness
Sunday	10:00	Youth Boxing – Skills

Very occasionally, pre-existing venue bookings may affect start times. If this impacts a session you are booked onto, we will notify you in advance.



First session checklist

Use this as a simple checklist for your child's first session:

- Book the session in advance and check the start time and venue details.
- Arrive 5–10 minutes early to allow time to change and settle in.
- What to bring: hand wraps, comfortable training clothes, indoor trainers, and a water bottle.
- Gloves are recommended. Limited spares may be available.
- Ensure we have up-to-date emergency contact details and any relevant medical information. The participant is responsible for always having any medication such as asthma pumps & EpiPens with them.
- Parents/guardians do not need to stay on site but must be reachable locally and able to collect promptly at the end of the session.

What to bring

- Hand wraps
- Comfortable training clothes
- Indoor trainers
- Water bottle
- Gloves (recommended). Limited spares may be available during the pilot.

Venue, facilities and getting there

All sessions take place at YMCA Wimbledon in a studio space. Participants have access to standard YMCA facilities (e.g., changing rooms, showers, lockers). Lockers require a padlock.

Getting there: the venue is accessible on foot from the local area, from Wimbledon station, and by bike. For parents driving, car parking and street parking are available nearby, subject to availability and local restrictions. Please check signage and allow extra time at peak periods.

Drop-off and pick-up procedure

- Please arrive on time for the start of the session.
- Parents/guardians do not need to remain on site, but must be reachable locally.
- Parents or guardians are responsible for the participant's travel to and from sessions, including arrival and departure from the venue.
- If you are running late for pick-up, please email us as soon as possible.



Safeguarding statement

Wimbledon Boxing Club is committed to ensuring that all participants train in a safe and supportive environment, free from abuse, bullying, harassment, or discrimination. Safeguarding concerns are acted upon promptly and appropriately, and concerns can be raised without fear of reprisal. All sessions are coached, structured, and delivered with clear standards of behaviour and supervision.

Standards of behaviour

All participants are expected to;

- Follow coach instructions at all times.
- Treat others with respect.
- Use appropriate language and behaviour.
- Respect the venue, equipment, and shared facilities.
- Train safely and responsibly.

Unsafe, disruptive, or disrespectful behaviour will not be tolerated and may result in removal from a session or further action.

Coach code of conduct

Coaches delivering sessions at Wimbledon Boxing Club commit to:

- Delivering sessions that are inclusive.
- Treating all participants fairly and with respect.
- Prioritising the safety and welfare of all participants.

Raising a concern

If you have a safeguarding or welfare concern, please contact info@wimbledonboxingclubsw19.co.uk



Health information and forms

For youth participants, a parent/guardian should complete the Youth Registration & Consent form and the Youth PAR-Q (Physical Activity Readiness Questionnaire). These help ensure we have the right contact details and can manage any relevant medical considerations.

When not to train

This section is guidance only and does not replace medical advice. If you are unsure whether your child should train, please seek medical advice.

Please do not attend training if your child:

- Has a fever, is unwell, or has symptoms that would make exercise unsafe (e.g., significant cough, breathing difficulty).
- Has vomiting or diarrhoea, or has been unwell recently and has not fully recovered.
- Has a new or worsening injury that affects safe movement (e.g., significant pain, swelling, restricted movement).
- Has had any recent head knock or suspected concussion symptoms (e.g., headache, dizziness, nausea, confusion, unusual tiredness).
- Has chest pain, fainting episodes, or unexplained dizziness during exercise.

If your child has had a head injury or you are concerned about symptoms, seek medical advice before returning to training.

FAQs

- Does my child need experience? No. Fundamentals is designed for beginners.
- What should my child wear? Comfortable training clothes and indoor trainers.
- Do I need to stay on site? No, but you must be reachable locally and able to collect promptly.
- Is sparring required? No. Any partner work is coached and controlled.
- What if we can't attend? The 24-hour cancellation policy applies; credits are retained when cancelled in time.

Questions?

Email info@wimbledonboxingclubsw19.co.uk