



NG BOXING CLUB PROCEDURE AND POLICY

What is the Neutral Ground Boxing Club, and what is its purpose?

Alarming statistics and extensive research emphasize the need to provide opportunities for healthy youth development that foster the most vulnerable in our community, while additionally providing transformational tools for both physical and emotional development in order to instill hope for a positive future.

Neutral Ground's newest venture has been the development of the Neutral Ground Boxing Club (NGBC). Beginning in March of 2021, Neutral Ground has been meeting with a group of 20-30 youth, family members, and community members three times a week every week; practicing boxing skills, sparring, riddling our hour-long sessions with plenty of strength and conditioning drills, and ending each night with a restorative circle led by NG staff.

NGBC proposes to reach some of our most 'at-risk' youth through an effective synthesis of sports programming and restorative practices, and our purpose is to provide free/no-cost sports programming for some of our older (ages ~10-18) and more deeply gang-entrenched program participants.

The ultimate goal of NGBC is to redirect participants back to a positive trajectory and reconnect them to programs, their schools, positive influences, and their families to promote and build violence-free, strong, healthy, and meaningful futures.





Check-In:

- Everyone must check in with an NG staff member and ensure their name is written down and their packet filled out if they are a New Participant, or ensure their name is checked off by staff if they are a Returning Participant.
- NG staff must sign new students in and complete the liability release form with parents.
- ****PARTICIPANTS MAY NOT PARTICIPATE IF THEY HAVE NOT SIGNED THE RELEASE OR FORM. UNDERAGED STUDENTS MUST HAVE A PARENT OR GUARDIAN PRESENT UNLESS THEY SIGN A LIABILITY RELEASE FORM.****

Participants:

- All ages are welcome - parents or legal guardian permission is required for youth participation.
- All levels of experience are welcome - no prior knowledge/experience of boxing, sports, or physical exercise is required.

What Participants Can Expect:

- Boxing techniques training
- Strength training
- Core conditioning
- Full-body workouts and conditioning
- Equipment-assisted training (punching bags, gloves, jump ropes, etc.)
- Sparring sessions (if desired and if the participant has proper equipment, i.e. mouth guard, head gear, etc.)
- Integration of restorative practices



Example Breakdown:

- 5:30 pm - 6:00 pm: Boxing Coaches arrive, set up equipment and space, begin warm-ups with early participants. ALL PARTICIPANTS MUST SIGN IN WITH NG STAFF.
- 6:00 - 6:15 pm: Individual warm-ups; coaches will walk around and check-in on warm-up practices, participants can spar with coaches, hit bags, jumprope, run, stretch, etc. ALL PARTICIPANTS MUST SIGN IN WITH NG STAFF.
- 6:15 pm - 6:25 pm: Runs led by coaches; 5 full laps in one direction around room periphery, 5 full laps in the other direction.
- 6:25 pm - 6:50 pm: Full-body workout and conditioning led by coaches; may include burpees, AJ's, 3x5x7's, jumping jacks, push-ups, sit-ups, core workouts, etc. There will be 2-3 breaks provided throughout for water, restroom, breathing, etc.
- 6:50 pm - 7:00 pm: Closing restorative circle led by Boxing Coach(es) / Restorative Practice Specialist(s) staff. All boxing participants sit in circle, and engage in activity provided.
- 7:00 pm - ~7:30 pm: One-on-one time with NG Boxing Coaches (sparring, hitting pads, training, etc.), plus individual cool-down's and boxing training, overseen by NG Boxing Coaches.

Frequently Asked Questions:

- **Is there an age minimum or maximum?**
 - No! All ages are welcome and encouraged to join in with us!
- **Is there a cost / fee for NGBC?**
 - No! All of Neutral Ground's programs come at no cost to those we serve, including NGBC!
- **Can I drop off my child(ren) and pick them up after? If so, what times?**



- You can drop off minors if you have filled out NGBC's liability form. If you are dropping off and picking up, our program starts at 6:00 pm and ends at 7:00 pm, but we often have NG Boxing Coaches setting up and warming up at 5:30 pm and then providing boxing training and cool-down supervision until around 7:15 to 7:30 pm.
- **Why do I have to fill out a Neutral Ground Enrollment packet?**
 - Your packet information not only provides Neutral Ground with important demographic information and contact information to effectively track our reach, efficacy, and participant demographics, but your enrollment with Neutral Ground also helps us present to our funders, policymakers, and program grantors (such as the REVIVE funds through the City of Santa Ana) that we are truly are engaging in service for our youth and families at very notable, consistent numbers.
 - Neutral Ground and NGBC simply cannot operate without proof of those participating in our programming to validate our programmatic outcomes and proof of service engagement. This is how we keep all of our programs at no-cost to those whom we serve.
- **What if I work / cannot take my child to NGBC or home from NGBC?**
 - No worries! Please call or text our staff—whose contact information is located below—and if we have enough notice, your liability forms are turned in, and we have the room in our vehicle, we can organize pick-up and/or drop-off for your child(ren).
- **What if I do not have any experience with boxing or any other sports, or I do not frequently engage in physical activity?**
 - No experience or physical activity level is required! Although our NG Boxing Coaches lead the entire group, the workout is what you want and what you make it, so if you need to take less or extra breaks, engage in a slower or faster pace, etc., that is completely fine. If you do not want our



NG Boxing Coaches to call out your additional breaks or any of your workout modifications, please let us know of your accommodations ahead of time.

- **What should I bring / do I need to bring?**
 - NG Coaches will have equipment that can be shared amongst participants—including but not limited to: boxing gloves, punching bags, sparring mitts, jump ropes, wraps, etc., but participants are also encouraged to bring their own boxing equipment if they have any. Please wear comfortable clothes to sweat and work out in, comfortable shoes for running and conditioning, and water.

Neutral Ground Staff Contact Information:

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