

B&B SPORTS ACADEMY, INC.  
3034 SPRAGUE STREET  
OMAHA, NEBRASKA 68111

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September 6, 2021

\*\*\*\*\*ATTN: ALL BOXERS, PARTICIPANT, PARENTS/GUARDIANS\*\*\*\*\*

Re: Beginner/non-competitor Attendance Days Schedule

Boxers, participants, and parents/guardians,

**PLEASE BE AWARE OF THE FOLLOWING NEW ATTENDANCE DAYS  
FOR BEGINNER AND NON-COMPETITORS AS BY AGE:**

Monday and Wednesday 5:00-6:45 p.m.– beginners from ages 8-12 years old.

Tuesday and Thursday 5:00-6:45 p.m.- beginners from ages 13 and older.

Every new participant starts as a beginner/non-competitive and can only attend on the days specified above. If you have not received specific instruction or permission from one of the B&B Boxing Academy coaches to attend outside of these days and hours for your age group, do not attend on such day. You will not be allowed to participate and will be sent home. Please attend or drop your child off at 5:00 p.m. and be at the gym promptly at 6:45 p.m. to pick your child up to avoid having him/her waiting outside alone as the B&B coaches leave the property at 7:00 p.m.

We as coaches expect our beginner boxers to advance to the Monday through Thursday boxer/competitive level after approximately four (4) months of attending the twice a week beginner sessions. Every boxer learns and improves at a different level/ pace, and the decision to advance will be made by the coaches on a case-by-case basis. To advance, however, improvement must be shown. Weekly progression as to listening to the coaches, physical fitness/conditioning, desire, and the fundamentals of boxing taught and practiced must be exhibited in order to advance from the beginner classes.

If you are not a participant and have not signed a waiver, respectfully stay out of the gym workout area unless you have permission from a B&B coach. Guardians, parents, and participants' friends and family are not allowed to coach or otherwise loiter/hang out in the gym area.

Sincerely,

Brian "BoMac" McIntyre  
Head Coach/Trainer & Co-founder B&B Sports Academy, Inc.  
3034 Sprague St.  
Omaha, NE 68131