

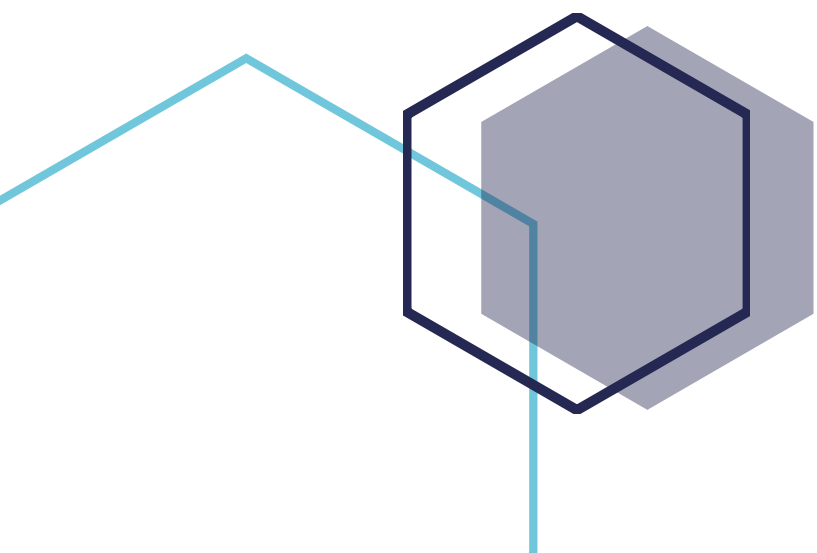


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# RAINCROSS BOXING ACADEMY HANDBOOK

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Instilling discipline, mentorship, and accountability within  
the Riverside community.



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# Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00PM	-Program Opens -Tutoring Opens	-Program Opens -Tutoring Opens	-Program Opens -Tutoring Opens	-Program Opens -Tutoring Opens	-Program Opens -Tutoring Opens
5:30PM	-Cut-Off for Tutoring Completion	-Cut-Off for Tutoring Completion	-Cut-Off for Tutoring Completion	-Cut-Off for Tutoring Completion	-Cut-Off for Tutoring Completion
6:00 PM	-Tutoring Ends -Strength and Conditioning Workout	-Tutoring Ends -Strength and Conditioning Workout	-Tutoring Ends -Strength and Conditioning Workout	-Open Gym	-Open Gym
6:20 PM	-Cool-Down	-Cool-Down	-Cool-Down	-Open Gym	-Open Gym
6:30PM	-Beginner Class  -Intermediate Training  -Advanced Training	-Beginner Class  -Intermediate Training  -Advanced Training	-Beginner Class  -Intermediate Training  -Advanced Training	-Open Gym	-Open Gym
7:00PM	-Student Training Concludes -Open Gym	-Student Training Concludes -Open Gym	-Student Training Concludes -Open Gym	-Open Gym	-Open Gym
8:00PM	-Program Concludes -Student Pick-up	-Program Concludes -Student Pick-up	-Program Concludes -Student Pick-up	-Open Gym	-Open Gym

# SIGN-IN REGULATIONS

## Sign-in/Visitors

### Students

- All RBA Students **MUST** sign in upon entering gym
- Students must sign in BEFORE 5:30PM to complete tutoring time (**Monday-Wednesday**)
- Any students that arrive after 5:30PM will be required to finish their tutoring before participating in workouts

### Parents/Visitors

- Any parents or guardians that wish to stay at the gym with their students are required to sign in under the "Visitor" section
- Visitors and parents are subject to all gym rules and regulations
- Visitors must be cleared by a staff member before entering gym
- Upon sign in, parents and visitors will be given a name tag to signify they have completed the sign-in process
- All individuals **MUST** show ID upon entrance

#### **Note:**

***\*Any individuals that do not follow these regulations are subject to removal from the premises\****

### Volunteers

- Volunteers are required to sign in upon entering the gym.
- Upon entrance, volunteers are also required to inform an upper-level staff member of their presence
- Any outside guests accompanying volunteers must be cleared ahead of time with upper level staff
- All individuals **MUST** show ID upon entrance
- Volunteers and/or guests are subject to all rules and regulations

### Drop-Off and Pick Up

- Students are expected to be dropped off by **5:30PM**

- Parents/Guardians are **required** to pick up students by **8:00PM**
- Students are not allowed to wait outside program facility to be picked up
  - Parents/Guardians are expected to come inside program to check students out
- RBA Staff are not responsible for giving students rides to or from program
  - This includes events as well

## Amateur/Pro Fighters (Unaffiliated with RBA)

- All visiting fighters coming into the gym **MUST** be cleared by staff at the front desk prior to entering
- Both fighters and coaches will sign in under the "Visitor" section
- Any visiting coaches from other gyms must be given visitor name tags that will be marked upon sign-in
- All fighters and coaches are subject to gym rules and regulations
- All individuals **MUST** show ID upon entrance

### Note:

***\*Any individuals that do not follow these regulations are subject to removal from the premises\****

## RBA Amateur/Pro Fighters

- All fighters and coaches **MUST** sign in upon entering gym
- Names and personal information of new fighters training under Coach David Ortiz or Coach Henry Ramirez must be given to RBA staff in order to integrate into system
- Any parents as well as siblings that come in with fighters will sign in on "Visitor" section
- Any friends of the fighters that come in to train must sign in as a visitor and fill out a liability waiver
- All individuals **MUST** show ID upon entrance

## Waiting Area

- Parents/Guardians are **required** to sit in designated waiting areas while students are tutoring or training
- Areas include:
  - Front Office
  - Marked areas in gym
  - Marked areas in tutoring room
- Parents are **NOT** allowed to freely roam around gym unless given explicit permission by staff

# RBA TUTORING PROGRAM

## Student Requirements

- All RBA Students **MUST** sign in upon entering gym
- Students **MUST** sign in BEFORE 5:30PM to complete tutoring time (Monday-Wednesday)
- Any students that arrive after 5:30PM will be required to finish their tutoring before participating in workouts
- Students are required to complete at least **2 days of tutoring** each week to maintain enrollment

## Tutoring Room Rules

- Students are required to be working on homework or other schoolwork within tutoring room
- If students do not have schoolwork to complete, they will either read or complete other educational work
- All students are expected to treat staff and volunteers with respect and dignity
- Conversations are to be kept to a minimum among students that are working on schoolwork. Students that are reading are expected to stay on task
- Cell Phones or other electronic devices are allowed in the tutoring room only when being used for homework or with staff approval. Failure to follow this rule will result in confiscation and loss of privilege
- Excessive talking/failure to follow any of the rules will result in disciplinary action

# Attendance

## Student Requirements

- Students are expected to attend at least **2 days a week** to maintain enrollment in program
  - Days must be completed on either Mondays, Tuesdays, or Wednesdays
- Thursdays and Fridays are open gym and are not required to maintain enrollment
- Student attendance will be monitored by RBA staff daily
- Students that accumulate over **6 unexcused** absences will be required to have a parent conference with both the **Director** and **Assistant Director** to discuss further enrollment
  - Students and/or parents that fail to meet with RBA Staff will be removed from program
- Students who arrive after 5:30PM will be marked as late
  - Every 4 late arrivals will be counted as an absence
- Parents/Guardians are responsible for ensuring students consistent attendance within the program

# TRAINING/BOXING REGULATIONS

## Purpose

Raincross Boxing Academy is a free boxing program that allows students from any background, neighborhood, or identity to learn the sport of boxing. The volunteer coaches that work as a part of this program work endlessly to ensure the physical, mental, and emotional growth of each RBA student.

## Strength and Conditioning Workouts

### Regulations and Expectations

- All students are required to complete their full tutoring session (**30 minutes minimum**) to participate in workouts
- Workout attire is required at all times to participate
- Students are expected to give full attention and respect to each of the trainers/volunteers
- Physical/Verbal bullying is not tolerated and will result in suspension from workouts and possible dismissal from program
- Trainers are at liberty to scale the workout as best fit for each individual student
- Students that do not participate in workouts and/or cause disturbances are subject to losing gym privileges
- Parents and visitors are **NOT** allowed to coach or train students from the sidelines
  - Gym space is limited so parents are not allowed to stand out in specific training areas such as
    - Heavy bag section
    - Boxing Ring
    - Speed Bag section

## Boxing Training

### Regulations and Expectations

- Students are expected to treat all equipment with respect and courtesy



- Weights will be distributed at the discretion of staff and coaches based on student's age, weight, etc.
- Roughhousing will not be tolerated, and any students caught will lose training privileges
- Food or sugary drinks are not allowed within gym
  - Water is permitted
- **Any member that continually fails to follow these regulations is subject to discipline leading to removal from program**

## Beginner Classes

- New students are required to train in beginner classes until a trainer decides to move them up to intermediate or advanced
- Beginner classes will take place after workouts and the runtime is up to the discretion of each trainer
- Beginner classes include a basic introduction to boxing that includes but is not limited to
  - Movement
  - Basic Punches
  - Light Mitt Work
- Trainers will decide when students are ready to move up in level
- Once students have completed their beginner class, they will either shadowbox or work on the heavy bag
- Students at the beginner level are **NOT** allowed to spar

### **Note:**

***Schedule and routine are subject to change based on student's skill level as well as trainer preference***

## Intermediate Training

- Students at the intermediate level are expected to complete:
  - 4 Rounds of Shadowboxing
  - 4 Rounds of Heavy bag work
  - 4 Rounds of Jump rope
  - ~3 Rounds of mitt work (Based on Trainer Availability)
- Intermediate training is a more in-depth analysis of boxing that includes but is not limited to:
  - Movement
  - Longer Combos and Routines
  - Heavy Mitt Work
  - Jump Rope

- Conditioning
- Slipping and Blocking
- Trainers will decide when students are ready to move up in level
- Students at the intermediate level are **NOT** allowed to spar until they have been moved to advanced or have either **Student Coach, Director, or Assistant Director** approval

## Advanced Training

- Students at the advanced level are expected to complete:
  - 6 rounds of shadowboxing
  - 6 rounds of heavy bag
  - 6 rounds of jump rope
  - ~6 rounds of mitt work (Based on Trainer Availability)
- Advanced training is the highest level of training that focuses on building stamina, strength, and precision. This includes but is not limited to:
  - Movement
  - Longer Combos and Routines
  - Heavy Mitt Work
  - Jump Rope
  - Conditioning
  - Sparring
- Any students that wish to progress past advanced training will be working with either Coach David Ortiz or Coach Henry Ramirez
  - **ALL** amateur training is done by Coach David Ortiz and Coach Henry Ramirez. We will not be able to prepare students to compete until they train with these coaches
- In order for a student to progress from advanced to amateur training, we require
  - Continuing dedication for RBA program as well as training
  - High level of respect for RBA Staff, Coaches, and Volunteers
  - Passing Grades in school (2.0) Minimum
- Amateur Training is not guaranteed and is ultimately up to the discretion of the Director as well as each amateur coach

### **Note:**

***Schedule and routine are subject to change based on student's skill level as well as trainer preference***

# AMATEUR/PRO FIGHTER REGULATIONS

## Purpose

The goal of Raincross Boxing Academy's amateur teams is to develop young and talented fighters that show the dedication and discipline needed to excel within the sport. To achieve this, we must ensure that our program prioritizes hard work and persistence. These regulations are meant to ensure we know who is coming into our gym as well as who our fighters are.

## Sign-in/Visitors

### Amateur/Pro Fighters (Unaffiliated with RBA)

- All visiting fighters coming into the gym must be cleared by staff at the front desk prior to entering
- Both fighters and coaches will sign in under the "Visitor" section
- Any visiting coaches from other gyms must be given visitor name tags that will be marked upon sign-in
- All individuals **MUST** show ID upon entrance

#### **Note:**

***\*Any individuals that do not follow these regulations are subject to removal from the premises\****

### RBA Amateur/Pro Fighters

- All fighters and coaches **MUST** sign in upon entering gym
- Names and personal information of new fighters training under Coach David Ortiz or Coach Henry Ramirez must be given to RBA staff in order to integrate into system
- Any parents as well as siblings that come in with fighters will sign in on "Visitor" section
- Any friends of the fighters that come in to train must sign in as a visitor and fill out a liability waiver
- All individuals **MUST** show ID upon entrance

# Training

All 3rd Street Coaches as well as Coach Henry Ramirez are at liberty to train their fighters at their own discretion. Any new RBA students or outside individuals that wish to participate in amateur training must first speak with coaches and receive their approval. Exceptions apply

## **Exceptions**

- Current RBA students that show a lack of academic performance and/or show a pattern of misconduct within the program
- Outside members that show lack of respect for RBA Staff, property, and/or other members of program

## **Note:**

***\*Training is a PRIVILEGE and lack of respect for Rules and Regulations will result in a loss of that privilege\****

# EVENTS

## Purpose

Raincross Boxing Academy provides an abundance of learning opportunities to its members. With the combined support of our sponsors and foundations, we can expose our students to different educational, professional, and technical fields. This provides both knowledge, as well as connections within the City of Riverside that allow RBA's members to thrive.

## Educational Events

### Regulations and Expectations

- Educational events are **MANDATORY** for students.
- Students are expected to treat outside speakers and guests with respect and courtesy
- If students are not able to attend these events, RBA staff must be informed via email (**info@raincrossboxingacademy.com**) by either the students or guardians
  - Notification of absence is expected to be given at least **1 week** prior to event
- Students that fail to inform RBA staff of their attendance will be marked absent for the event
- Students that accumulate **3 or more unexcused absences** will face suspension and/or possible removal from program
- Exceptions will be made in the case of:
  - Illness (**Doctor's Note is required**)
  - Family emergencies
  - School functions (with prior notification)

## Social Events

### Regulations and Expectations

- Social events are not mandatory for attendance but highly encouraged for all members
- Regular rules and regulations apply
- Some social events may be mandatory. However, upon confirmation, all RBA members will be informed of any changes

# Infractions

## Regulations and Expectations

- All students are expected to abide by the rules set out within tutoring as well as training
- The highest level of respect is expected to be shown to all staff members and volunteers
- Bullying is not tolerated whatsoever and will result in immediate suspension/removal from program
- Disregard for equipment or property will result in loss of privileges and further action if needed
- Students are expected to arrive on time and weekly in order to maintain enrollment
- All needed disciplinary action will be taken at the discretion of RBA Staff

# Volunteering

## Students

- When students graduate high school and turn 18, they age out of the RBA program
- At this point they can maintain membership but must fulfill different responsibilities
- These responsibilities include but are not limited to:
  - Gym cleaning/maintenance
  - Training with RBA students as needed
  - Tutoring RBA students as needed
  - Event volunteering
- Requirements are subject to change on a day to day basis based on need
- Students over 18 are no longer required to complete tutoring or workout requirement
- Members will now be required to sign-in under the “**Volunteer**” Section

### **Note:**

***\*Students who fail to complete duties will be removed from program following a meeting with staff***

## Outside Members

- Any outside individuals over the age of 18 must complete **Mandatory** Volunteer Service
- Duties include but are not limited to:
  - Gym cleaning/maintenance
  - Training RBA Students as needed
  - Tutoring RBA Students needed
  - Event volunteering
- Volunteers are also **required to obtain a background check** before joining program
- Members do not have a scheduled amount of days required but are asked to help whenever they come into the gym
- Rules and regulations apply to all volunteers
- Outside guests are not allowed without signing up for program and being approved by staff

### **Note:**

***\*Any individuals that do not follow these regulations are subject to removal from the program\****

## Event Volunteering

- **ALL** volunteers are **required** to participate in RBA events
- RBA Staff will have monthly volunteering opportunities available and posted within RBA Gym
- Volunteers must sign up for **at least 2** volunteering events a month
  - Any issues regarding school/work schedule must be discussed with the **Volunteer Coordinator**



# Staff

*We, the staff of Raincross Boxing Academy, decline any monetary compensation in exchange for our service to RBA, and through it, the Riverside Community. We are here for the betterment of Riverside's youth, and by extension, ourselves.*

## **Director of Operations – Chris Garza**

Chris Garza graduated from Poly High School and is currently attending UC Riverside majoring in Political Science. Chris oversees the entire administrative day-to-day operations of the gym. He also is responsible for managing RBA's Staff and development of the program.

## **Assistant Director – Mackenzie Orr**

Mackenzie Orr is a senior at UC Riverside and will graduate in June with a degree in English. After graduation, she plans to pursue a master's in public health before going to medical school where she hopes to specialize in pediatrics, so she can better serve her local community. Mackenzie was drawn to RBA because of her passion for working with children and her desire to give back to the community in which she lives.

## **Event Coordinator – Diana Tran**

Diana Tran graduated from UC Riverside with a degree in Biology and a minor in Business Administration. Diana is aspiring to become an optometrist and hopes to improve the overall health of the Riverside community. As Event Coordinator, she organizes social and education events for our program. Diana is a part of this program because she recognizes that the at-risk youth in our community have great potential, despite the challenges they face. With our program, she hopes to give them all the resources they may lack and encourage them to be great leaders in their community.

## **Head of Student Development – Saul Larios**

Saul Larios is currently a sophomore at UC Riverside and is working towards a political science degree. Saul loves to help students reach their full potential and see them reach their goals. As Head of Student Development, Saul oversees the students' progress in boxing and school. Saul hopes to continue to assist the community by becoming a police officer after he graduates from UC Riverside.

## **Community Outreach Manager – Vivek Bhatt**

Vivek Bhatt joined RBA before the end of his Sophomore year at UCR. He is currently a 19-year-old Biology major who wishes to attend medical school in the area to further continue his mission to serve the community. At RBA he continues to volunteer at many of our community outreach events and gives many ideas to try to improve the overall program.

### **Social Media Coordinator – Dillon Dorado**

Dillon currently attends John W. North High School and plans to attend UCR. As the Social Media Coordinator, Dillon oversees the RBA Instagram, Facebook, advertising, and website. His goal is to showcase the amazing opportunities that RBA presents to the at-risk youth of Riverside.

### **Volunteer Coordinator – Isaac Ngo**

Isaac Ngo recently graduated from UC Riverside with a degree in Biology. At RBA, Isaac works with students, helps manage events, the volunteers at them, and assists in day to day operations. Isaac will be attending the UC Riverside's School of Medicine in the fall of 2019 and will continue serving his community in both medical and non-medical contexts.

### **Pro Trainer Coach – Henry Ramirez**

Henry Ramirez is the coach of Raincross Boxing Academy's professional fighters, all of which regularly compete throughout the nation. Henry provides immense support to the Riverside community through many hours of volunteer coaching.

### **Certified Strength & Conditioning Coach, Certified USA Boxing Coach –**

#### **Jonathan Rodriguez**

Jonathan Rodriguez has earned a Bachelor's Degree in Kinesiology and a Master's Degree in Exercise Science and uses this to serve as RBA's Certified Strength and Conditioning Coach. Jonathan is responsible for the strength and conditioning program for RBA's Competitive Team. He is involved with the conditioning program of professional fighters and serves as RBA's nutritional adviser.

### **Boxing Coach – Jose Jimenez**

Jose Jimenez graduated from UCR in 2016 with a B.A. in Anthropology. Jose is a boxing coach for RBA and oversees creating workout routines and teaching new incoming members safe and proper boxing techniques. Jose volunteers his time to RBA because he enjoys teaching new members the art of boxing. Jose enjoys seeing his students progress from a beginner to a confident boxer, as this the most rewarding thing a coach can receive. Jose is currently applying to UCR for a MEd in General Education with Teaching Emphasis. His goal is to become a teacher in the Southern California region.