

Southwest Combative Sports (SCS) - Parent Q&A Handout

Frequently Asked Questions (FAQ)

Program & Training Details

- What age groups can participate? - Kids ages 8-18 along with their parents.
- Do parents need boxing experience? - No, our program is beginner-friendly for all skill levels.
- How many sessions can we attend per week? - Up to 4 sessions per week (Monday - Thursday).
- What does each session include? - Stretching, fitness drills, boxing technique training, and endurance exercises.
- What if we miss a session? - Missed sessions cannot be made up, but you can attend the next scheduled class.

Safety & Health

- Is protective gear required? - Not for beginners, but hand wraps and gloves are recommended.
- Is sparring included in the beginner program? - No, beginners will focus on technique and conditioning.
- Do we need a doctor's physical to participate? - Yes, a physical clearance is required for both parents and kids.

Weather & Cancellations

- What happens if the weather is bad? - Classes will be canceled and will not be rescheduled due to limited availability.
- Is there an indoor option for training? - No, training is outdoors only for now.

Cost & Payments

- What's included in the \$10 fee? - One-hour session covering fitness, endurance, and boxing fundamentals.
- How much is it for additional kids? - \$5 per child per session.
- Do you offer discounts for multiple sessions? - No, but we keep pricing low for all families.
- What does the \$5 yearly membership fee cover? - Administrative costs and access to special events.
- How do we pay? - Online at SouthwestCombativeSports.GoDaddysites.com or in cash before class.

Spring Break & Kids-Only Training

- What are the spring break training hours? - Hours will adjust to accommodate more families.
- Can kids train without a parent? - Yes, kids-only training is available for \$28 per hour.
- Why is the kids-only training more expensive? - It's a higher-intensity session with more focused coaching.

Competitive Training & Advancement

- How do kids advance to competition training? - They must complete Level 3 and register with USA Boxing.
- Is USA Boxing membership required to compete? - Yes, all competitors must be USA Boxing members.
- Will there be tournaments for kids? - Yes, once they are competition-ready, they can join amateur tournaments.
- How do trainers decide when a child is ready for higher levels? - Based on attendance, progress, and skill

development.

Miscellaneous

- What should we bring to class? - Water bottle, towel, comfortable workout clothes, and gloves if possible.
- Are uniforms required? - No, but SCS-branded gear will be available for purchase.
- How can parents track progress? - Trainers provide performance updates and feedback.
- Can parents get involved beyond training? - Yes! Opportunities include volunteering, fundraising, and coaching.
- Will there be events where kids can showcase their skills? - Yes, we will host quarterly showcases and family fitness events.
- What makes this boxing program unique? - We focus on family participation, affordability, and personal development.

Contact Information

Location: 5784 S Lakeshore Dr, Shreveport, LA

Register Online: SouthwestCombativeSports.GoDaddysites.com

Contact: [Insert Phone Number]

Join Us and Build Strength as a Family!