

We are excited to have you become a part of our ever-growing community and are thrilled to teach your kids the sport of fencing!

Here you will find a list of information to help you fit right in!



## RULES OF THE GYM

- 1. No food or drink in the locker rooms, the lobby, or on the floor of the gym.
- 2. Cell phones go in the basket on the front desk at the start of practice and are to be used only to contact parents.
- 3. No flash photography!
- 4. Athletes under the age of 16 are not allowed in the parking lot unless attended by an adult.
- 5. Wear only non-marking shoes that are free of dirt on the fencing floor.

# PRACTICE SCHEDULE

Monday 6рм-9рм

Tuesday 5рм-9рм

Wednesday 6PM-9PM

Thursday 5PM-9PM

Friday 5PM-8:30PM

Saturday 9AM-1PM





### SHOWING UP ON TIME

Practice starts promptly at the times stated for each day.
We ask that the athlete shows up 15 minutes prior to the start of class.

We understand that sometimes things happen, so if you must be late or leave practice early, please call or text a coach in advance.

#### STAY IN TOUCH

We communicate through a system called Constant Contact. Please make sure you give us your email address!

We will send you a test email so that you can make sure it comes through. You may have to go into your email and "allow" constant contact. If you are a Gmail user, please be sure to move emails from us to from your "promotions" folder to your inbox.

We also use an app called Remind to keep coaches and parents alike on the same page. Join Nellya Fencers to get reminders from us directly to your phone.

#### **ANNOUNCEMENTS**

General announcements and information can be found in the following places:

- The TV screen above the main office
- The front of the main door
- The black board near the entrance
- The door to the main lobby

## ORDERING EQUIPMENT

Order custom Nellya warmups at http://order.jammin.com/nellya
For information on ordering your first set of fencing equipment, check our our equipment packet.

