



Volunteer Expectations

- **Gym Responsibilities – Fighters are your first priority.**
- Arrive 10-15 minutes early.
- Come dressed for a workout in case that is where you are needed.
- Help set up stations.
- Check/Inflate speed bags and double bags before class at Georgetown and north Austin
- Know where first aid kit is.
- Use “Tough Love” attitude & keep morale positive.
- Be a Cornerman to our level 3/4 fighters.
- Workout with a fighter if they are an odd man out.
- If no class following, wipe down the equipment used that day with sanitizing wipes before putting away.
- Put away equipment; if you are unsure where it goes please leave it on floor in front of shelves so we can return it to proper space.
- Learn how to use focus mitts.
- Man a specific station.
- This is not your workout, leave personal issues at the door.