



Team Ingram's Rayford Collins Jackson Boxing Club

23 Heritage Square
Jackson, TN 38305

Office (731) 736-1109
Fax (731)-300-0259



Dear Prospective Boxer and/or Family Member:

Thank you for your interest in joining Team Ingram's Rayford Collins Jackson Boxing Club located at 23 Heritage Square in Jackson, Tennessee. As of September 2021, membership at Team Ingram's gym is **FREE** for children ages 7 to 17 years old. Head Coach Ingram believes that every child who is willing to work hard and dedicate themselves to learning the sport of boxing deserves a chance to develop their skills. Team Ingram does request that in lieu of a monthly gym fee, parents and family members partner with Team

Ingram to lend a hand by bringing snacks and water for all the children at practice, organize fundraisers to purchase equipment or supplies as needed, during study periods assist with tutoring the young boxers who are struggling in school, or find a creative and unique way to showcase the talents of the young boxers. Team Ingram works with males and females of any age over 6 years old because everyone can benefit from discipline, structure and a healthy workout routine. Before a prospective boxer starts his or her journey with us, there are a few guidelines he or she must meet:

- STEP 1.** Use the link below to register for USA Boxing membership and pay the USA Boxing membership fees.

<http://www.teamusa.org/usa-boxing/membership/registration>

For more information on how to register, you can use this link

https://www.youtube.com/watch?v=KKxo_wNMxw4

- STEP 2.** Choose the LBC

For Team Ingram Rayford Collins Jackson Boxing Club, the LBC is **SOUTHEASTERN**

- STEP 3.** Choose the club affiliation

Club Affiliation: **TEAM INGRAM'S RAYFORD COLLINS JACKSON BOXING CLUB**

- STEP 4.** Pay the USA Boxing membership fees

Includes a USA Boxing Membership Card and insurance



Team Ingram's Rayford Collins Jackson Boxing Club

23 Heritage Square

Office (731) 736-1109

Jackson, TN 38305

Fax (731)-300-0259

STEP 5. Obtain two current photos of each registered boxer

Photos should be passport photo size (2 in × 2 in)

STEP 6. Obtain a copy of the birth certificate for the registered boxer

STEP 7. Schedule an appointment with the registered boxer's primary care physician for an annual physical.

Physician completes **USA BOXING'S ANNUAL ATHLETIC PHYSICAL FORM** and signs the last page. School records are **NOT** sufficient.

STEP 8. Send all your documents to LIDO main office. Call (731) 736-1109 for information on how to email scanned documents or send by fax.

STEP 9. Purchase the appropriate sports equipment.

- boxing gloves
- headgear
- hand wraps
- mouthpiece
- travel bag
- water bottle

Purchases can be made at Dick Sporting Goods located at 1165 Vann Dr, Jackson, TN 38305
(OR) at Academy Sports located at 193 Stonebrook Pl, Jackson, TN 38305

If you have any other questions, you can call the main office for the Lamont Ingram Developmental Organization (LIDO) at (731) 736 – 1109. I look forward to seeing your skills in our first sparring match!

Ready? Let's Box!