



Judo Class Policies

ENROLLMENT

- Members may enroll in any class that is open and they must adhere to the attendance policies.

TARDINESS

- Participants are to be in their uniform and ready to participate prior to the start of class.
- Participants' timely arrival is vital. Students arriving more than 10 minutes after the start of class, without prior notification to the instructor, will not be permitted to participate that day.

ABSENCES

- Participants will be dropped from the class if they have more than three unexcused absences in a calendar month.

ATTIRE

- Participants are required to have a Judo Gi that fits. Gi's can be purchased at the front office. Judo coaches can assist with Judo Gi sizing.
- Girls shall wear a high-necked tee-shirt underneath their gi jacket.
- Any clothing worn under the gi (pants, shorts, shorts, etc.) will not have buttons, belts, ties, etc. and should be suitable for athletic activity.
- Judo is practiced with bare feet, participants shall come to class clean. Participants that are not clean may be sent to wash or sit out of class.
- Fingernails and Toenails are to be kept short and clean
- All jewelry (earrings, bracelets, rings, watches, glasses, etc.) shall be removed before the start of class. Exceptions can be made, but the participant will have cover the jewelry with athletic tape.
- Only soft elastic hair ties are allowed, no metal, plastic, or other hard material-based hair products are allowed.

EQUIPMENT

- Participants' are required to have a Judo Notebook that is to be brought to class. The notebook can be as simple as a typical composition notebook.

REMINDERS

- Please be timely in dropping off and picking up your child. Your child should not be waiting for more than 15 minutes, provided they do not have another CYC activity following.
- Judo is a full contact sport and as such throwing and falling are part of the curriculum.
- Pre-Judo- Students have an option of wearing shorts and a CYC t-shirt during summer months.

We strive to create and maintain incredible opportunities for our young members. We also greatly appreciate feedback and constructive criticism. Should you have concerns or comments, please contact the Head Coach, Dennis Gutridge, at dgutridge@cycmail.org (925) 671-7070 ext. 218. Thank you for your cooperation.

To notify CYC of your child's **ABSENCES** or **TARDINESS**, please visit www.communityyouthcenter.org click on Membership, Vacation/Absentee Form to submit.