Practice Times:
Monday 6:45-8:45 pm
Thursdays 6:45-8:45 pm

Saturdays 2pm-4pm in the WoodPEC Multipurpose room.
No experience necessary!

What to Bring/Wear:

- Clean t-shirt (compression shirt recommended)
- Shorts and/or leggings
- A water bottle
- At least 2 breathable masks
- A mouthguard (recommended for free roll)

Club Rules:

- No heel hooks, knee bars, or leg locks (except straight ankle)
- Be nice to your partner– avoid slamming
- No shoes on the mat
- Tap early and soon!

Hygiene Tips:

- Clip short fingernails and toenails
- Put on deodorant before practices
- Shower as soon as possible after training
- Properly cover open wounds and scratches
- DO NOT TRAIN IF YOU ARE SICK!!

Registration (REQUIRED)
To register for a club sport, we need you to complete three steps by **October 1st, 2022.**

a. Register with RecWell:

1. Log into My.Recwell.Emory.edu using your NetID and password
2. Click the blue “Register” icon for the correct club’s Program Offering:
3. Provide an emergency contact
4. Proceed to “Checkout” (you will be prompted twice), and then you will receive a confirmation email.

b. ImPACT Test (for concussions):

1. Use a web browser (not Safari)
2. Go to https://www.impacttestonline.com/htmllauncher/
3. Click “Launch Baseline Test,”
4. Enter the code 5RZF9HSGJP
5. Follow instructions, the test should take about 25 minutes

c. Register on The Hub (our mailing list)

1. Sign into Emory Campus Labs (the Hub) using the upper right corner at https://emory.campuslabs.com/engage/
2. Search organizations and type in “Emory Jiu-Jitsu Club”
3. If you are not already a member, register as a member! If you did this a previous semester, it should have a “member since…” message at the top right corner.