

The University of Cincinnati BOXING CLUB

As a club at the University of Cincinnati, we strive to teach students the fundamentals of boxing in a safe, competitive and fun environment. The club is unique because students are able to join just to learn boxing for fitness or with the goal of competing. Select members of the team will obtain a USA Boxing amateur passbook and compete in shows both locally and across the U.S. The team will register with the governing bodies of college boxing, the NCBA (www.ncbaboxing.org) and USIBA (www.collegeboxing.org) and compete in their shows and tournaments.

Experienced coaches will guide you through the basic mechanics of punches, footwork and boxing drills. Those who want, then get the chance to strap on headgear, put in a mouth guard and square-up in the ring with another student. Starting with light punches focusing on technique helps students slowly get used to sparring without being overwhelmed. Intensity is slowly increased over time and is closely monitored by coaches.



STAY UPDATED!

Add Us: Facebook Group (UCBoxing Club)
CampusLINK

Follow Us: ucboxingclub (IG)
CinHighSchoolBoxing (IG)

Find Us: cincinnatiamateurbboxingclub.com

Snap Us: ucboxingclub

Tweet at Us: @CHB_UC_Boxing

Text Us: GroupMe

We communicate practice times, dates and/or cancelations through Twitter & Facebook, please add us! It is also important to make sure you are added to our GroupMe account and your notifications are turned ON, if you decide to join the team, as we often communicate via this app.

Contacts, Coaches & Where to find us:

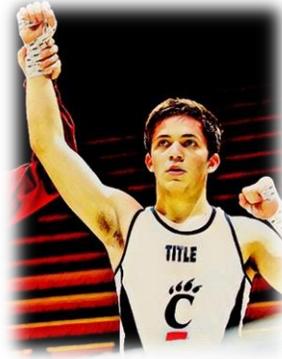
Coaches: Jeff Perry & Kenny Christo

Staff Advisor: Noris Rodriguez

Executive Board			
Position	Name	UC Email	Phone
President	Tyler Rutz	rutztl@mail.uc.edu	513-633-9990
Vice President	Joseph Hu	hujh@mail.uc.edu	513-600-2152
Treasurer	Isabel Calogeras	calogeip@mail.uc.edu	
Captain	Phoenix Graves		
Captain	Cleo Steward		
Captain	Trent Nguyen		

CLUB EMAIL: UCBOXINGTEAM@GMAIL.COM

COACH EMAIL: CincinnatiFitnessBoxing@outlook.com



Time Commitment:

FITNESS ONLY: No required number of practices to attend, although we would love to see you at least once/week and at matches/competitions to cheer on your teammates!

INTERESTED IN COMPETITION: You must be at practice on a consistent basis if you are interested in competing. This is usually 3-4 times per week or as your schedule allows if you coordinate with the coaches.

PLEASE NOTE: We encourage you to attend as many practices as possible and also do cardio and conditioning on your own or with teammates outside of practice time. This is especially important if you are interested in some of the inter-collegiate competition opportunities. (Team members are always able to make up missed practices and still be eligible to compete, accommodations are sometimes able to be made for special circumstances.)

*Team coaches and the club president will always have the final say for eligibility of each student to compete and reserve the right to pull someone out of a competition or show if they are not attending the required practices and/or are not yet ready!

Practices:

September: Boxing Technique/Conditioning (Starting Monday the 10th)

Mondays, Wednesdays & Thursdays @ 4pm on the football field. 3 open-gym workouts will be held in September at 4pm at Cincinnati Fitness Boxing (dates TBD)

October: Boxing Technique/Conditioning & Gym Practices

Monday, October 1st: The first official day of practice at Cincinnati Fitness & Boxing. The gym is located at 2929 Spring Grove Ave. Cincinnati, OH 45225 (www.CFBFit.com). Rides can be arranged for those who don't have transportation or cannot find a carpool. – ADD GROUPME! Mon/Tue/Thu @ 4pm at Cincinnati Fitness & Boxing and Wed @ 4pm at Nippert Stadium.

November: Gym practices

Conditioning and technique will not be held on UC campus after November 1st.

From this point forward, all practices will occur at the gym:

Mondays-Thursdays from 4:00-5:30pm. There may be occasional additional open gym times as announced during practices, on GroupMe, or on the UC Boxing Club Facebook page.

We recognize that some members will not be able to attend practice during the Thanksgiving and Holiday breaks. Practices will still be held for those who are in town. Please remember that missing a large number of practices may limit your ability to compete.

Opportunities to compete: Start as early as October and increase in number of shows and tournaments in the late winter/spring. We will host a UC-only intramural show in January, these are matched bouts between teammates and we highly recommend participation for all members who are interested.

The college boxing season runs through the end of March, culminating with the NCBA National Tournament in early April. Following the National Tournament, the practice schedule up until the end of the 2nd semester may be reduced and will consist of primarily open gyms. Training is also available during the off-season for those in town during the summer.



Other Awesome Stuff We Do:

*PUNCHING OTHER SCHOOLS – We occasionally host boxers from other schools for sparring sessions. These usually include Miami, Ohio State and Xavier. These opportunities would be announced through social media and at practices in advance for those who are interested.

*RAISING MONEY - In order to keep our club members traveling the US and lookin' good while we do it, we'll be doing some fundraisers to help with travel expenses and to purchase some team gear. All ideas for cool, fun and/or crazy fundraisers are encouraged to be shared! We expect a strong, competitive team this year and would like to look uniform and have the ability to travel; fundraisers are a huge part of allowing us to afford these, while keeping dues low and equipment updated for the safety of our team.

*VOLUNTEER WORK – Clubs at the University of Cincinnati are required to complete a certain number of volunteer hours per semester as a club. More information to come!

*TEAM BONDING - Boxing is an individual sport but we support each other and train together as a team! This coming school year we plan on scheduling at least a couple, optional, fun team-bonding activities. Also, you are always encouraged to do extra conditioning and road-work together, it's always easier to push yourself when you have a workout buddy!

Cost to Join:

*This year we will be very strict about due dates for membership fees. You will not be allowed to practice after the due date until you pay. If someone is interested in joining after fees are due for the respective semester, they are welcome to a 1-week trial of practices. (There will be no charge to come to as many practices as they want for 1 week. At the end of the week, they must pay membership fees if they would like to continue.)

Fees: \$125 per semester (OR \$200 for the year)

MUST PAY \$125 or \$200 BY: Monday, November 5th (Fall Semester)

\$125 (if paying by semester) BY: Monday, Jan. 31st (Spring Semester)

What does this cover? → Gym & sanctioning fees, equipment purchases, matches, etc.

What do you get? → Membership to the boxing club, coaching/instruction, ability to borrow equipment; your own mouthpiece, hand wraps and a t-shirt.

*OUR FEES INCLUDE EVERYTHING YOU NEED TO BE ON THE TEAM. No additional purchases are necessary. For those who are interested and approved to compete, there is a fee of \$68 to obtain a USA Boxing passbook. This should only be done after consultation with the coaches about competing.

