

# 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 to compete. Joining the boxing club allows students to obtain an amateur boxing passbook, which gives them the opportunity to fight in local shows and compete. The team will register with a collegiate boxing league (either NCBA or USIBA) to allow our team members to participate in other sanctioned collegiate matches.



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 shorter rounds and very light punches helps students slowly get used to sparring without being overwhelmed. Intensity and round-length is slowly increased over time and is closely monitored by coaches.



# STAY UPDATED!

**Add Us:** Facebook & CampusLINK

**Follow Us:** ucboxingclub (IG)

**Find Us:** [cincinnatiamateurbboxingclub.com](http://cincinnatiamateurbboxingclub.com)

**Snap Us:** ucboxingclub

**Tweet at Us:** @bearcatboxing

**Text Us:** GroupMe

We communicate practice times, dates, 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. We often communicate via this app.

## Contacts, Coaches & Where to find us:

Coaches: Kenny Christo, Jeff Perry & Tim Back

Assistant Coach: Chris Squeri

Staff Advisor: Edmund Choi

Executive Board			
Position	Name	UC Email	Phone
President	Tyler Rutz	<a href="mailto:rutztl@mail.uc.edu">rutztl@mail.uc.edu</a>	513-633-9990
Vice President	Joseph Hu	<a href="mailto:hujh@mail.uc.edu">hujh@mail.uc.edu</a>	513-600-2152
Treasurer	Logan Cox	<a href="mailto:cox2j8@mail.uc.edu">cox2j8@mail.uc.edu</a>	
Secretary	Ken McNeal	<a href="mailto:mcnealkj@mail.uc.edu">mcnealkj@mail.uc.edu</a>	
Social Chair	Michael Ngo	<a href="mailto:ngomm@mail.uc.edu">ngomm@mail.uc.edu</a>	

CLUB EMAIL: [UCBOXINGTEAM@GMAIL.COM](mailto:UCBOXINGTEAM@GMAIL.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 are required to attend at least: three practices/week, starting in October, to be considered for competition team.

PLEASE NOTE: We encourage you to attend more practices and technique clinics than required and continue conditioning outside of practices. This is especially important if you are interested in some of the inter-collegiate match 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 11th)**

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

**October: Boxing Technique/Conditioning & Gym Practices**

Monday, October 2nd: The first official day of practice at Cincinnati Fitness & Boxing. The gym is located at 2929 Spring Grove Ave. Cincinnati, OH 45225. Rides can be arranged for those who don't have transportation or cannot find a carpool. – ADD GROUPME! Mondays, Tuesdays, Thursdays @ 4pm : at Cinci Fitness & Boxing  
Wednesdays @ 4pm on the football field (Nippert)

**November: Gym practices**

Conditioning and technique will not be held on UC campus after October 30th.

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

Mondays-Thursdays at 4PM & Sundays at 1PM (Practices typically run for an hour and a half, some may be an hour, some may be up to 2 hours). We often have open gym on Fridays at 4pm (the gym will be open to members for workouts, although there is no formal instruction). However, this is not offered every Friday, make sure to check social media and/or the GroupMe for updates.

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, increase in number of shows and tournaments in the late winter/spring. We will host an UC-only intramural show in late November, these are matched bouts and we highly recommend participation for members who are interested in sanctioned matches. This year we also plan on hosting a sanctioned show (in late January) at CFB, other collegiate teams will be able to participate in this event.

Our season runs through March, as many collegiate boxing competitive opportunities occur in late winter/early spring. Nationals are held in April, before the end of the school year.



### Other Awesome Stuff We Do:

**\*WEEKENDS?!** - Occasionally, there are extra, **OPTIONAL** practices/sparring opportunities offered on the weekends- always check the Facebook group, twitter & make sure your GroupMe notifications are ON!

**\*PUNCHING OTHER SCHOOLS** - In previous years we have traveled to other gyms or schools for sparring opportunities. Other collegiate teams have also made trips to our gym. We have already been in contact with NKU, Xavier and Miami and plan on setting up some sessions with them. 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 updated equipment, 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're 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 6th (Fall Semester)

\$125 (if paying by semester) BY: Monday, Jan. 29th (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 (about \$60) to obtain a passbook. (Sometimes, this cost may be offset or partially covered by fundraisers).

PLEASE NOTE: Fees include a t-shirt. This coming school year we would like to design sweatshirts and potentially warm-ups and/or uniforms. These will come at a cost to each member, hopefully lowered through fundraising efforts; members would not be required to have them. T-shirts from the past 2 years are available for purchase for \$15; please talk to the president or one of the coaches to purchase one!

