

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 can join just to learn the sport of boxing for fitness or with the goal of competing. Select members of the team can obtain a USA Boxing amateur passbook and compete in shows both locally and across the U.S. The team is registered with the National Collegiate Boxing Association (www.ncbaboxing.org), the governing body of college boxing, and competes in their events and tournaments.



Experienced coaches and student club officers will teach the basic mechanics of punches, footwork and boxing drills. Those who want to then can strap on headgear, put in a mouth guard and square-up in the ring for sparring. 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: UC Boxing Club on Facebook
CampusLINK

Find Us: www.CFBFit.com

Follow Us: ucboxingclub (IG)
jeffperry_ucboxing (IG)

Text Us: GroupMe

We communicate practice times, dates and/or cancelations through GroupMe & Facebook, please add us! It is 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:

Head Coach: Jeff Perry

Staff Advisor: Noris Rodriguez

Executive Board			
Position	Name	UC Email	Phone
President	Richard Alley	alleyrl@mail.uc.edu	317-478-7203
Vice President	Jordan Evanko	evankojm@mail.uc.edu	216-970-8893
Captain	Vic Basnyat	basnyanc@mail.uc.edu	859-513-4473
Captain	Chris Fields		
Captain	Sam Suder		

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 & conditioning on your own or with teammates outside of practice. This is especially important if you are interested in competition opportunities. 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 if they are not attending the required practices and/or are not yet ready!

Practices:

September: Boxing Technique/Conditioning (Starting Monday, Sep 4)

Mondays, Wednesdays & Thursdays from 4:00-5:00pm outdoor conditioning at Nippert Stadium. On Monday, Sep 11 and Monday, Sep 25 at 4:00pm we will have practice at Cincinnati Fitness & Boxing so new members can see the gym.

October: Practices begin at Cincinnati Fitness & Boxing

Monday, October 2 is 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! Practices will be at 4:00pm on Mon/Tue/Wed/Thu. The practice schedule during the Thanksgiving and Holiday breaks will be announced at that time.

Registration: You must complete your Club Sports Student Registration via Campus Link by your first practice. Per Club Sports rules, you will not be allowed to practice without having this complete.

<https://campuslink.uc.edu/submitter/form/start/496672>

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, likely in the 2nd semester. 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 Midwest Regional Tournament hosted at Cincinnati Fitness & Boxing on March 15-17 and the NCBA National Tournament in Charlotte, NC on April 11-13. 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.

Inter-Collegiate Boxing:

Select members of the team will be able to compete inter-collegiately. The UC Boxing Club has become one of the best college boxing teams in the country over the past 5+ years, including winning 11 NCBA All-Americans, 3 NCBA Championship Runner-ups and 3 NCBA National Champions. UC has had an NCBA National Champion in each of the last 3 tournaments with Nathan Todd winning the 147lb championship in Reno, NV in 2019 and John Laughlin winning the 132lb championship in Charlotte, NC in 2022 & 2023. UC boxers have traveled and competed in places such as Reno, New York City, Seattle, Chicago, California-Berkley and even Ireland.



Other Awesome Stuff We Do:

*PUNCHING OTHER SCHOOLS – We occasionally host boxers from other schools and gyms for sparring sessions. These sometimes include boxers from Miami, Ohio State and Xavier. These opportunities would be announced 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 doing 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 have paid. 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- \$225 for the full season

MUST PAY \$125 or \$225 by: Wednesday, Oct 18 for either the Fall semester or full season

2nd semester due date for those paying by semester will be announced later

*EQUIPMENT and OTHER EXPENSES: We do have a limited number of gloves and headgear available to borrow at the gym. However, Club members are highly encouraged to purchase their own handwraps, boxing gloves and mouthguard. These are available for purchase at the gym - \$50 for wraps/gloves/mouthguard together or, if purchasing individually, \$10 for wraps, \$45 for gloves and \$5 for mouthguards. For those wishing to spar, headgear can be borrowed or purchased (prices vary). For those who are interested and approved to compete inter-collegiately, there is an annual fee of approximately \$65 to obtain a USA Boxing passbook. This should only be done after consultation with the coaches about competing.

