

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.CBFFit.com

Follow Us: ucboxingclub (IG)
jeffperry_ucboxing (IG)

Text Us: GroupMe

We communicate practice times, dates and/or cancelations through GroupMe & Instagram, please add us! It is important to have Sam Miranda add you 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

Faculty Advisor: Ann Witham

UC Student Executive Board			
Position	Name	Email	Phone
President	Sam Miranda	mirandasa@mail.uc.edu.com	513-405-8889
Vice President	Jordan Evanko	evankojm@mail.uc.edu	216-970-8893
Treasurer	Nick Perry	Perryn4@mail.uc.edu	440-403-5299
Safety Officer	Luke Voss	vosslb@mail.uc.edu	513-570-1601
Captain	Anthony DiAngelo	diangeaj@mail.uc.edu	917-833-6510
Captain	Vic Basnyat	basnyanc@mail.uc.edu	859-513-4473
Captain	Chris Fields	fieldscf@mail.uc.edu	925-588-9142

Coach Jeff Perry 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 in who is eligible to compete inter-collegiately for the UC Boxing Club based on their conditioning, skill level, readiness to compete and attendance at practices.

Practices:

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

Mondays, Wednesdays & Thursdays from 5:00-6:00pm outdoor conditioning at Sheakley Lawn. On Monday, Sep 23 at 4:00pm we will have practice at Cincinnati Fitness & Boxing so new members can train at the gym. Members are also welcome to come see the gym on Tuesdays between 4:00-5:30pm.

October: Practices begin at Cincinnati Fitness & Boxing (Starting Wed, Oct 2)

Wednesday, Oct 2, 2024 is the first official day of practice at Cincinnati Fitness & Boxing. Practices are 4:00-5:30pm on Mon-Thu. The gym is located at 2929 Spring Grove Ave. (www.CFBFit.com). Rides can be arranged for those who don't have transportation. – ADD GROUPME!. 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. Go to the link <https://campuslink.uc.edu/forms> and search for the form called “Competitive Organization: Participant Registration”.

Opportunities to compete: Select members of the team will have opportunities to compete in a number of shows and tournaments throughout the season. We will also host one or two UC-only intramural shows during the season. These are matched bouts between teammates and we highly recommend participation for all members who are interested.

The college boxing season runs through March, culminating with the NCBA Midwest Regional Tournament in mid-March and the NCBA National Tournament on April 10-12. 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 12 NCBA All-Americans, 3 NCBA Championship Runner-ups and 3 NCBA National Champions. UC has had three NCBA National Champions in recent seasons 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 training 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: Thursday, Oct 17 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-\$60 for wraps/gloves/mouthguard together (depending on the type of gloves) or, if purchasing individually, \$10 for wraps, \$45-\$55 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.

