



Team Info & Highlights

The Cincinnati High School Boxing Team (CHB) has been training boxers for over 25 years and is open to students from any school in the Cincinnati area. Our objective is to provide a safe and organized forum to learn Olympic-style amateur boxing. Alumni of the CHB program went on to establish the University of Cincinnati Boxing Club, which is now one of the top college boxing teams in the country and who also train with the CHB team. Amateur boxing is much safer than professional boxing due to emphasizing points rather than power, fewer & shorter rounds, and the use of headgear. Students can train just for fun & fitness or choose to spar and potentially compete.



Training

No experience is necessary. The season runs from approximately October-March. Practices are usually held every day Mon-Thu from 4:00-5:30pm at Cincinnati Fitness & Boxing (2929 Spring Grove Ave, Cincinnati, OH 45225). Making every practice is not mandatory, so it is not a problem if a student needs to miss practice for school, work, family obligation, etc. In addition to strength & conditioning, boxers are trained in the fundamentals starting with stance and movement, defense and proper punching techniques and eventually sparring (not mandatory). Athletes participating in other fall sports are welcome to join late when their season ends, as boxing is an optimal cross-training sport to improve core strength, cardiovascular conditioning, agility & coordination, as well as discipline and self-confidence. Off-season training and open gyms during the spring and summer are also available.

Sparring & Competition

Safety is our primary concern. Boxers are not required to spar or compete, and the coaching staff reserves the right to prevent a boxer from competing if he/she is not properly prepared. Boxers compete based on age, weight, skill & experience. Competition can include bouts against other CHB boxers in intramural shows and occasionally include trips to spar or compete against other schools or programs. If the boxer would like to continue training, there are opportunities to box in college or compete in USA Boxing amateur shows and/or tournaments.

Cost

Boxers are encouraged to come to practice for 1-2 weeks before they decide about joining. Season Fees are usually around \$200, and we will work with students with financial difficulties. We will not let money keep you from learning how to box. Off-season training during the spring and summer is also available. Equipment can be borrowed or purchased on your own or through the gym and includes Hand Wraps/Gloves/Mouthguard.

Coaches & Contacts

The team is coached by USA Boxing certified boxing coaches with many combined years of coaching and competing as well as experienced members of the University of Cincinnati Boxing Club. There are typically multiple coaches present for all practices. For more information email CincinnatiFitnessBoxing@outlook.com or contact Cincinnati Fitness & Boxing Owner Jeff Perry (513-417-2463). St. Xavier teacher and former Xavier University boxer Neal Ryan coaches many of the practices and manages much of the team administration.

More information about the team, schedule and coaches can be found at the websites www.CFBFit.com or www.CincinnatiAmateurBoxingClub.com. To stay up to date about the team follow our social media on Instagram at [JeffPerry_UCBoxing](https://www.instagram.com/JeffPerry_UCBoxing) and [CincinnatiFitnessBoxing](https://www.instagram.com/CincinnatiFitnessBoxing).