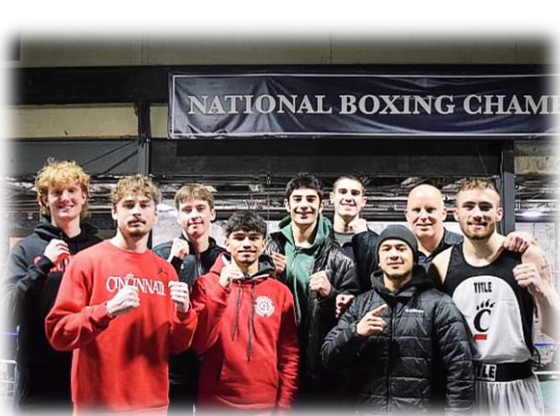


The University of Cincinnati BOXING CLUB

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 can then 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

Follow Us: jeffperry_ucboxing (IG)

Find Us: www.CFBfit.com

Text Us: GroupMe

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

Assistant Coaches: Connor Lawrence & Sam Miranda

Faculty Advisor: Edward Imm

UC Student Executive Board			
Position	Name	Email	Phone
President	Anthony DiAngelo	Diangeaj@mail.uc.edu	917-833-6510
Vice President	Payton Woodruff	Woodrupa@mail.uc.edu	283-237-1621
Treasurer	Jacob Benington	jacobjbenington@gmail.com	419-266-0851
Safety Officer	Jaiden Johnson	John8jn@mail.uc.edu	614-648-6918
Captain	Vic Basnyat	basnyanc@mail.uc.edu	859-513-4473
Captain	Mchael Dempsey	mdempsey228@gmail.com	513-814-1985
Captain	Conner Mitchell		270-202-9553
Captain	Brendan Laux		419-860-3310

Coach Jeff Perry Email: CincinnatiFitnessBoxing@outlook.com



Practices:

Practices each season usually start in Mid-September once the school year has begun and run through the end of the school year in April.

Practices are held at Cincinnati Fitness & Boxing and run Mon-Thu from 4:00-5:30pm. 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.

We also occasionally hold practices on campus at Nippert Stadium or Sheakley Lawn at the beginning of the season.

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.

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”.

Inter-Collegiate and Intramural Boxing:

Select members of the team compete in many shows and tournaments throughout the season. The UC Boxing Club has become one of the premier college boxing teams in the country over the past 6+ years, including winning 6 National Collegiate Boxing Association (NCBA) National Championships, 3 National Runner-ups and 15 NCBA All-Americans. Nathan Todd won the 147lb championship in Reno, NV in 2019, John Laughlin won the 132lb championships in Charlotte, NC in 2022 & 2023, Payton Woodruff (119lb) & Anthony DiAngelo (156lb) won championships in Lawrenceburg, IN in 2025 and Payton Woodruff (132lb) won his 2nd championship in Charlotte, NC in 2026. The UC men's team finished as the #2 ranked collegiate boxing team in the country in 2025 and #5 in 2026. UC boxers have traveled and competed in places such as Reno, New York City, Seattle, Chicago, California-Berkley, New Brunswick, Canada and even Ireland. We also host several events in Cincinnati each season.

We also host one or two UC-only intramural shows during the season, giving club members who don't box inter-collegiately a chance to compete in front of their friends and family. These are matched bouts between teammates based on weight & skill and we highly recommend participation for all members who are interested.

Following the National Tournament, the practice schedule up until the end of the 2nd semester consists primarily of open gym workout. 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 and gyms for sparring sessions. These can include boxers from Miami, Ohio State, Xavier and Indiana. 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 looking good while doing it, we'll be doing some fundraisers to help with travel expenses and to purchase 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 use by the team.

*VOLUNTEER WORK – Clubs at the University of Cincinnati are required to complete a certain number of volunteer hours per semester as a club. Opportunities to volunteer will be announced as they come up!

*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!

Equipment:

*EQUIPMENT: 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 hand wraps, boxing gloves and mouthguard. These are available for purchase at the gym - \$55 for Sting boxing gloves, \$10 for hand wraps and \$5 for mouthguard. 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 \$80 to obtain a USA Boxing passbook. This should only be done after consultation with the coaches about competing.

