



Program Examples

The clubs featured below provide good examples of program organization, funding, and training.

University of California - Davis

The UC Davis Boxing Club began in 2007 with a few members. Over the past few years, the club has grown from less than 40 members to over 100. The club practices three days a week in the school's basketball arena on a wood floor that is usually reserved for badminton. If the arena is in use, then we practice on a field. If the field is wet, we have practiced in parking garages and on tennis courts.

Most club members join to learn about boxing and get a good workout. Recruiting is done mostly through word of mouth. With no bags or a ring, the club primarily uses body shields and punch mitts. Everybody has to learn to hold mitts for each other. About three quarters of the club members will spar. Most members are allowed to spar after 6-8 weeks of practice. All sparring is done under the supervision of a coach.

A small percentage of students who show the ability and drive are given the opportunity to compete. Competitors practice and condition up to 6 days a week under the direction of the coaches at the school practices and at an off campus exercise facility (an aerobics room). The first time most of our boxers step in a ring is for their first bout. Boxers are expected to be self-motivated. Those who do not do the work, are not in shape, or who do not develop, do not compete.

The University does not fund the club; almost all revenues come from club dues.



West Virginia University

The West Virginia Boxing Club is a recognized club at the university. We have approximately 70 male and female members and about 15% of these members are on a competition team, which travels to other schools' events and NCBA regional and national tournaments.

The club trains at the Mylan Park Expo Center, which is located off campus but contracted as a club sports training center. Our team practices Tuesday through Thursday from 6PM to 9PM. Additional conditioning and/or sparring is often available on Mondays.

Our club receives some funding from the university but primarily operates on funds collected by way of club dues and fundraising efforts. Our club dues are \$100 per semester for new members and \$50 per semester for returning members.

Our section of the training center is equipped with a competition ring, several heavy bags, a large warm up mat, and a respectable amount of club owned mitts, gloves, jump ropes, and sparring gear.

Our goal is to be high quality ambassadors to WVU, USA Boxing, and the NCBA. Our club is largely homegrown and we feel our culture and consistency comes from our ability to bring back former competitive members to act as assistant coaches.



University of North Carolina - Chapel Hill

The Carolina Boxing Club was formed as a student organization in 2006 and is run by student officers and volunteer coaches. The club holds non-contact practices that attract more than a hundred dues paying members every season. Some of these members participate in contact practices, and a handful represent the school in competition.

Almost all of the club's practices are held in our field house with plenty of room but only a couple heavy bags. The club makes up for this by teaching members to use punch mitts. Contact practices are held on and off campus, and a floor ring is available at the field house for sparring.

The practice schedule is flexible for club members, but those on the competition roster are expected to train 4 to 6 days a week depending on the time of year. The club has three open non-contact practices per week and two or three contact practices for USAB registered athletes. In August, the team and trainers attend a 10-day training camp that includes 6AM runs. The camp is concluded with a 1.5mi run, which must be completed in less than 10 minutes 30 seconds.

The club hosts an event once per year and the team travels to a half dozen other events per season in the run up to the regional and national tournaments.

The club's equipment and event costs are partially financed through student government, but most of the funding for travel comes from fundraising and dues paid by members. The club is managed by a president, treasurer, VP, secretary, head trainer, and operations officer. Contact practices are always supervised by one or more USAB registered coaches.



Shippensburg University

We start our practices in Mid-September and normally have anywhere from 70-100 students during these first couple of weeks of practice. We do get funding from the University, but also charge 1st year boxers \$100, and returning boxers \$50. The extra \$50 for first year athletes goes towards their USA Boxing registration. The dues cover everything, ranging from equipment, to food/hotel expenses when we travel, etc.

We have a boxing room in our auxiliary gymnasium on campus. It's a very tiny room, but luckily this room is also connected to a locker room where a lot of athletes do some drills/pad work. The team trains 5 days a week (Monday – Friday) from 6:30 p.m. to 8:30-ish every evening. The head coach lives in Harrisburg PA (which is about 40 mins from Ship) so he commits to going to practice about 2-3 times a week. The nights that the head coach is not there, either an assistant coach or more veteran boxers run the class. We normally spar at least once a week (sometimes more depending on who is at practice and what work the boxers need), which tends to be Monday nights. Towards the beginning of the year, practices are mainly focused on conditioning and teaching the fundamentals. We practice outside during the first couple of weeks of practice because our room is too small to fit everyone inside in the beginning.

Many people quit and by the end of the year, and we normally have about 10-20 athletes there on any given day, and about half of them actually compete.

