

UNC Boxing Team Handbook

Rev. August, 2014

History

Intercollegiate boxing began in the United States during World War I. Joseph E. Raycroft, a Princeton professor and War Department chief administrator for Army training camps activities, used boxing in training camps for both physical conditioning and recreational value. After returning to their universities, many former soldiers continued to box. In 1921 the Eastern Intercollegiate Boxing Association (EIBA) was created by the NCAA, and by 1927 the University North Carolina began competing in the Southern Conference. In the early 1960s, competition attendance fell and many schools began dropping their boxing programs. Some coaches attributed the downfall to mismatches and imbalances in competition. Shortly after, boxing was removed from the NCAA and competitive boxing at UNC was over until 2006.

In 2002 Paul Kropp, a chemistry professor for the university, had begun teaching students the basics of boxing with informal workouts held weekly in the racquetball courts. Then in the fall of 2004 Chris Campbell, a student working out with Professor Kropp registered the group as an officially recognized student organization. At about this time Matt Haley, a graduate student who boxed for Penn State, began attending the workouts to lend additional help with instruction and training. Registering the club with the National Collegiate Boxing Association remained only a topic of discussion until Dan Carleton finished his freshman season as a varsity wrestler in 2006. Dan was interested in boxing competitively and became the catalyst for transforming the informal workouts into a nationally competing team. He asked Matt Haley to step in as the first coach and begin the Carolina Boxing Club with three members, Dan as the president, and Frank Zhong and Travis Boyer as the team Captains. In the fall of 2006 the club held its first workouts open to the student body and community and achieved a membership of over 50 members. Now workouts can attract over 100 participants and tryouts for the competing team are held several times a year.

The UNC Boxing Club

The UNC Boxing club is currently registered as a student organization with the goal of teaching the fundamentals of boxing and providing a challenging workout. It is open to students and community members (membership must be majority students).

The dues paid by club members and limited funds from the student government provide the funding for practice equipment, competition equipment, and team travel. **Without the club, there is no competing team.**

The week to week operations of the boxing club are managed by four officers and one or more coaches. Their titles and duties as well as the other members of UNC Boxing are as follows:

The **Club President** is responsible for every aspect (except financial) concerning the management and operation of the club meetings. The president is the executive decision maker and the overall leader at club meetings, and must attend and facilitate all club sessions. Duties at club include keeping accurate attendance, email, and dues paying records, maintaining equipment used by the club, and leading technique training. Once dues are paid the president will distribute hand-wraps and t-shirts. The Club President may delegate these duties as needed to the Vice President or other club officers.

The club President is responsible for ensuring facilities are reserved and available for team AND club use. The president is also responsible for filing appropriate registration to ensure the club's eligibility with UNC and the team's eligibility with the NCBA.

The club President is the primary officer in charge of organizing any on or off campus boxing events.

The club President will act as the main representative of the club, attending meetings concerning club eligibility and finances.

In certain cases a president may delegate responsibilities to team members, if the need arises. However, the final responsibility rests with the club president.

The **Vice President** is responsible for helping the president perform his duties and will be presumed to take over the president position when the current president graduates. Therefore the Vice President should be at least one graduation year behind the President.

The **Treasurer** is responsible for all financial aspects of the club; preparing the funding request every semester and then presenting it to the finance committee and then to the entire student congress. The treasurer is also responsible for handling all of the money that goes into and out of the student club account.

The treasurer is expected to write up an end of season report by the finish of the spring semester which includes the following: total revenue, total expenditures, number of dues paying members, number of shirts & handwraps given out, number of shirts and sweatshirt sold.

The **Secretary** is responsible for sending out monthly (or more often as needed) emails to the team with updates on matches, club, and all other various things related to the UNC boxing club. The secretary will schedule team meetings and take minutes (to be sent out to the team in a follow-up email), and plan and schedule social events for the team and club. The secretary will also be in charge of maintaining the listserv. The Secretary is frequently tasked to maintain the member attendance list for the club practices and the results of PT tests.

The attendance list and PT test results are vital tools for recruitment.

Club Trainers are non-competing club members with at least a year of experience working with club. They are responsible for assisting team members in leading club and technique workouts, particularly when competitions are approaching. They are required to attend training camp, pass the physical fitness test, and are trained by team members and coaches on how to properly lead club workouts and technique instructions.

The **Head Coach** is responsible for training the team for competition, making sure athletes are properly registered with USA Boxing, and facilitating competition by contacting hosting schools and organizing travel. The objectives of the Coach in order of importance are: safety of the athletes, maintaining the good reputation of the program and sport in general, the enjoyment of participating athletes, and winning regional and national boxing titles for UNC.

The Head Coach will also be responsible for producing an end of year report summarizing matches, W/L, and injuries. They will also maintain an alumni contact list.

Team Captain(s) are responsible for making sure new team members are learning proper boxing technique and the rules for amateur boxing. They are also responsible for organizing runs and helping make sure enough team members are available to run the boxing club practices. The team captain is expected to be at all scheduled practices.

Team Members will be training with the expectation of being on the competition roster; following the training schedule set out for the semester (outlined below). Team members are never *required* to spar or compete, however all other aspects of the training schedule should be followed.

One of the team's core responsibilities is to train club members. The team is expected to be in good enough shape to provide the club a challenging workout. While running the workouts, it is important to make sure that club members are practicing proper form while doing stretches and exercises. If the club member has aspirations to compete or spar, their technique should be kept sharp with feedback.

Team members are required to attend at least one club meet per week to run the club practice and to get a conditioning workout themselves. During the first few weeks of the semester, all team members will be needed to run the workouts as there have been more than 100 participants at these times.

The safety of the club members will be kept in mind during workouts. Team members must be aware of any conditions that could cause risk of injury; wet roads during runs, wet stairs, extreme cold or heat, etc. There should be time allocated at least every 20-30 minutes during the workouts for water breaks.

Team members who have been on the competition roster for at least semester (and all that entails) but choose not to remain on it are encouraged to continue to help train the club. As long as they continue to contribute regular help with the boxing club, they will be considered on the team and eligible to return to the competition roster at any time provided they are fit.

Club Members pay dues during the fall and spring semesters and are entitled to training by qualified persons. Club members **MUST** fill out the liability waiver required to train at the Eddie Smith Field House prior to engaging in any of the workouts. They will also be required to follow whatever rules have been set for the training location (field house, track, private gym, etc.)

Dues

New members: \$50 per semester which includes hand wraps and T-shirt [and bag gloves?]

Returning members: \$25

Members joining with less than 6 weeks left in a semester: \$20 with wraps and T-shirt.

Shirts: \$10

Sweatshirts: \$30

Note: Many of the roles of the club officers and coaches are interchangeable and the functions described above are not written in stone.

Club and Competition Schedule

The club meets three times a week during the fall and Spring Semesters. The club does not meet on state holidays or on nights when UNC and Duke have a basketball game. Exact start and stop dates depend on the year, but will be approximately 2-3 weeks after the start of the semester. If there is interest, there may be a less formal club meet during the summer semesters, generally once a week and no dues are charged.

Collegiate boxing invitationals and home shows generally start in October and run till Christmas break. Competition resumes in January and ends with the regional and national tournaments in late March and early April.

Note: college boxers are allowed to box in up to 5 regular (non-college) amateur competitions per season. There are a number of these shows throughout the year in NC. Advancing tournaments outside of the NCBA are not allowed.

Club Training

The regular twice a week club practices focus on technique and overall strength and conditioning. The third practice is designed for experienced members and focuses primarily on technique. After a thorough warm up and stretching set, the regular club workouts are divided into three parts; conditioning, strength, and technique. The workout can also be divided up in two parts to facilitate more focus on skill practice; a brief strength workout or a run included in the warm up.

The **technique** section will focus on the fundamentals. This will begin with stance, foot work, and the jab and cross. Once progress has been made with these, the training will continue onto more advanced punches and defensive. Because of the varying degrees of experience among members, the technique section may be split into two groups. Equal emphasis should be placed on offense and defense.

It is important that the workouts remain “fresh” for members. With this in mind, the techniques portion of the training should vary from week to week and should show a natural progression over the course of a year or years. Practices should be physically and mentally challenging. Members who want to take their training to the next level should be encouraged to attend the technique only practice and/or get passbooks for the contact practices.

Only members who are registered with USA Boxing will be allowed to engage in counter punch drills, situational sparring, or sparring (jab-catch, head movement, and offense/defense drills). MEMBERS MUST BE COMFORTABLE WITH THE DRILL BEFORE WORKING AT FULL SPEED. Passbooks are not required for defense drill when mitts are used.

Team Training

I.
Contact Practices are generally scheduled for Tuesday and Friday. These practices will be scheduled in the evenings to fit in with the teams class schedules as best as possible. The members in preparation for competition will be expected attend the technique only club practice also.

Contact practices are group practices and are open to club members with USA Boxing passbooks. Currently these practices are held at the Eddie Smith Field House. These are generally contact practices so mouthpieces, hand wraps, and any personal sparring equipment should be brought. Practices will run for between 1.5 and 2 hours and will be scheduled to fit best with the current team’s academic schedule. Attendance at these practices is required for competition.

Athletes are encouraged to arrive early or stay late at club practices and work mitts, bags, etc. and to watch competition videotape on their own time to ensure they are prepared for an upcoming match.

II.
Sparring will only be done under the supervision of a registered USA Boxing coach. Only USA Boxing registered athletes are allowed to spar on campus. These are requirements set forth by UNC and USA Boxing. *Unsupervised sparring is grounds for an athlete’s immediate remove from the team.*

Sparring will be done on a weekly basis and limited to a few rounds each. In the early season, more emphasis will be placed on counter-punch and other drills to avoid risk of injury and improve the boxer’s defensive skills. As competition dates approach, more time will be spent open sparring. Currently sparring can be done at the field house or at the various gyms off campus which host the team.

When counter punch drills or other defensive drills are being performed, proper equipment must be used; headgear, mouth pieces, sparring gloves, etc.

III.
Conditioning is extremely important in the sport of boxing. Boxing is 15% offense, 15% defense, and 70% conditioning. Team members will be expected to do a conditioning workout at least three times a week. One or two of these can be at a club session and one will be a team conditioning practice, generally scheduled for Saturday. Team members are encouraged to meet on their own for runs if they feel it is needed.

Fall Training

The fall training will begin with a two week training camp consisting of strength workouts, technique sessions, and 6AM runs. It is very important that when the Boxing Club starts the team members be in better shape than all others attending.

Following the training camp, conditioning will be focused on distance runs (2-5mi), stairs, and strength training. As the first competition dates approach runs will shift to sprints and interval runs, strength training will be phased out (to avoid over stressed muscles at the time of competition), and sparring will be more frequent.

Competition in the fall is considered a warm up for matches in the spring.

Spring Training

Like the fall training, this semester will begin with distance runs and strength training, but interval runs, stairs, and sprints will quickly be mixed in. Having established a strong foundation during the fall, more focus will be put on technique and sparring during the later part of the semester.

Post Season

After the regional and national tournaments have concluded, runs and conditioning sessions will be optional and team practice attendance will be encouraged. CLUB ATTENDANCE WILL STILL BE REQUIRED. Sparring will be almost completely removed from the schedule.

Injury Prevention

Rev Feb, 2012

Quoting your passbook regarding **SECOND IMPACT SYNDROME;**

Participation in amateur boxing tournaments requires that the winner to continue to advance in boxing the next or several nights later, to advance toward the championships. It is very important to your well-being that you disclose to the examining physician at the pre-competition examination, any symptoms or abnormal feelings you may have, including, but without limitation: headache, dizziness, visual difficulty, confusion, concentration or memory problems, or any other feelings out of the ordinary.

A previous minor, or even a significant head injury or any of the above symptoms, may not be detectable at the time of pre-completion physical exam. If a potential head injury is present before the next bout, and the boxer receives additional head blows, however minor, days, weeks or even months later, the boxer may be at a greatly increased risk of suffering a more serious head injury and/or death in the later bout in which the boxer may participate while still under the effects of the initial head injury. This is referred to as the "SECOND IMPACT SYNDROME"

Athletes must fully understand that participation in boxing, and other contact sports, carries a risk to participants of serious injury, including permanent paralysis or death. Amateur boxers must voluntarily recognize, accept and assume this risk. Injuries or death as a result of a SECOND IMPACT SYNDROME, or any other boxing or contact sport related cause, are risks assumed by the participant.

Prepared by
Robert Voy, M.D.

Bottom line; if after COMPETITION OR SPARRING, you experience headache, dizziness, visual difficulty, confusion, trouble sleeping, significant concentration or memory problems or anything else out of the ordinary, let the head coach know as soon as possible AND go to student health. If conditions are severe, go directly to the hospital.

Minor Injuries will happen during training. When they do occur, contact the head coach and go to student health if necessary.

WHEN IN DOUBT, GO TO STUDENT HEALTH.

Injury Prevention should be a priority for every athlete and coach. A review of injury report forms from the '08-09 season revealed only a few injuries related to sparring and competition. Most were common place strains, bruises, and joint injuries. Be sure to get a good warm up prior to workout sessions.

Make sure your hand wraps are tight enough around your wrist to keep it stabilized. A gauze pad can be placed under your hand wraps to help prevent bruising of the knuckles. If your hands are sore after workouts, use more padding or adjust the tightness of the wraps. Having your wraps too tight or using old gloves can cause problems also. Resting your hands in ice water for 1-4 minute intervals after the workout will help reduce swelling.

Wear proper gear while training; bag gloves when working on the bags; sparring gloves, head gear, mouth pieces, and groin protectors while sparring. Sparring gloves should be between 16 and 18oz for boxers above 125lbs and as low as 14oz for boxers 125lbs and below (competition gloves are 12oz.) Boxing shoes or shoes that provide good ankle support are also highly recommended for sparring and competition.

Wear proper running shoes. If you are experiencing pain in your feet or legs during or after running, it may be time to take a few days off. Use an ice pack to help reduce any possible joint swelling. If the pain is severe or persistent, see student health.

If training in hot weather, make sure you stay hydrated. Stay out of the sun during the hottest part of the day. If you feel nauseous or dizzy, immediately stop exercising, get in a cool place, and drink plenty of fluids. Even during the winter it is possible to become dehydrated. Care must be taken to make sure you are getting plenty of water before, during, and after practice (even on days you're not training). *Dehydration can cause joint pain and muscle aches.*

Take a daily multi-vitamin before bed. Hard training depletes your body's store of vitamins and minerals much faster than normal. If you find you are extremely tired, it could be from a vitamin deficiency (Iron, B12, etc).

Make sure you have eaten enough food to fuel an upcoming practice. If you didn't get a large meal a couple hours before practice have a small high carbohydrate meal about 30minutes before. Eat a high protein meal within an hour after practice even if it's before bed.

Get plenty of sleep! Your body and mind need sleep to benefit from exercise and school. Manage your time wisely so you don't have to stay up late studying.

It is highly recommended that team members complete a Red Cross first aid and CPR class. This may be accomplished in a team setting, and in the future it may be required.

Diet and Weight Management

During peak training, you will be burning up to 4500 calories a day. Get plenty of complex carbohydrates (whole wheat bread and pasta). Avoid fast food and gas station food. As noted above don't come to practice hungry and eat something within an hour after practice to keep your body from cannibalizing muscle issue. During hard practices lasting more than an hour, a sports drink or high carbohydrate snack is good to keep up energy during practice. Drink plenty of water.

Find the balance between maintaining a fighting weight and eating enough to have energy for school and training. **If you're a little hungry you're losing weight. If you're starving, it's unhealthy.** Get within a few pounds of your competition weight well before the event (~7 days) to avoid any last minute weight cutting.

Care for Equipment

Club and personal equipment should be kept in good shape and retired when it is too worn out to serve its purpose (such as protect the user's hands in the case of gloves). The insides of gloves should be periodically given a spray of either Lysol or a 1:10 bleach:water solution. This will prevent the gloves from picking up a foul smell and kill germs/fungus that could be transferred from one user to the next. The inside of headgear should be treated in the same manner. The outsides of the gloves and headgear should also be kept clean. Gloves and protective gear should be carefully cleaned off after sparring to remove any traces of blood and sweat. After cleaning, the equipment should be spread out in air conditioned or heated spaces where it can dry. **DO NOT STORE WET EQUIPMENT IN A PLASTIC BAG OR OTHER NON-BREATHABLE CONTAINER.**

Gloves will be retired when the padding is no longer sufficient to protect the user's hand. Look for significant differences in padding thickness between the back and knuckle portion of the glove. You may also notice that your hands ache after workouts. Use common sense.

Keep your mouth pieces clean. A good way to store a mouth piece between workouts is in a jar or cup of mouthwash. Your mouth guard case can also be filled with mouthwash and used. After a 10-minute soak in the mouthwash, rinse and let it air dry.

NCBA LBC Specific Rules

There are a number of rules that are specific to the Collegiate Boxing LBC. Below are the qualifications as listed in the March 2009 rules supplement. *Note; these requirements are for the NCBA regional and national tournaments. If a boxer does not qualify under these rules, he/she can still compete at collegiate home shows and other amateur boxing events.*

Contestant Eligibility

1. A collegiate boxer must be a full-time student at an accredited institution which he/she is attending for graduation. At time of competition [tournaments only], a collegiate boxer shall not be enrolled in less than 12 semester hours of study, regardless of their institution's definition of a minimum full-time program of studies with the exception of final semester.
2. Final Semester/Quarter – a student athlete may compete while enrolled in less than a minimum full-time program of studies, provided that the student is enrolled in the final semester or quarter of the baccalaureate program and the institution certifies that the student is carrying for credit the courses necessary to complete their degree requirements and will graduate.
3. Boxers who have had 10 or less total bouts sanctioned by USA Boxing will be eligible for NCBA registration and participation.
4. Eligibility for collegiate boxing will be initiated at the time of the individual's first NCBA athlete registration and be effective as four years in five. However, previous USA Boxing registration may decrease the number of years of NCBA eligibility.
5. A new athlete with prior experience that joins a collegiate program, that athlete's eligibility will be reduced by 1 year for every year that they have had a passbook sticker. This is referred to as the boxers "initial eligibility" period.
6. After a student/athlete's "initial eligibility" is complete, that student/athlete may apply to have additional years reinstated. This is referred to as "additional eligibility". The request may not be made until the initial eligibility has been exhausted. The NCBA executive committee will establish a committee to review the eligibility of each boxer applying for "additional eligibility". Additional eligibility will be granted on a one year basis; it is the responsibility of the boxer to apply for subsequent years and undergo the same consideration by committee.

7. Specific criteria the executive committee will consider in evaluating that application for "additional eligibility" will include but is not limited to:
 - a. The competitiveness of the division in which the boxer competes in (the rationale is that a boxer in a weight class with few competitors should not be penalized for a lack of available competition en route to a National Championship bout and win).
 - b. The competitiveness of the collection of bouts in which the boxer competes.
 - c. Other factors the executive committee deems relevant on a case by case basis.
 - d. Exceptions can be applied for under "unusual circumstances" and may be considered by the NCBA executive committee. For example, if a boxer had a USAB passbook with stickers for several years but that boxer had no bouts or a very limited number of bouts, that boxer may apply for "additional eligibility".
8. Two-year college students are permitted to participate, as long as they meet the above criteria, in all NCBA sanctioned competition except for the NCBA National Championship and their Regional Qualifier(s).
9. Restrictions: Failure to meet any of the above requirements will render the competitor ineligible for collegiate competition.

Team Scoring

Final team standings are decided based on points received by the team's boxers during the NCBA championship tournament. One team title is given to the men's and one to women's. A team receives points based on the following:

- 1 point - Each Team Participating
- 1 point - Quarter Final Win
- 3 points - Semi-Final Win
- 5 points - Championship Win

Currently the NCBA national tournament has 6 weight classes open to female competitors who qualify at the regional tournaments. There was no more than 1 female entry in the previous year's regional tournament outside of the 119-156lbs. The 112 and 165+ classes will be added to the national tournament as need arises; however, all weight classes are contested at the regional level.

Weight (lbs.)	Men's	Women's
112	Y	
119	Y	Y
125	Y	Y
132	Y	Y
139	Y	Y
147	Y	Y
156	Y	Y
165	Y	
175	Y	
185	Y	
195	Y	
HWT	Y	

*The complete USA Boxing competition rules are available online at the usaboxing.org website

Code of Conduct

One individual getting into trouble threatens the reputation of the program, the team, college boxing in general, and all those associated with it. Rude and crude behavior in the club, gym, or competition setting will not be tolerated and will be grounds for immediate dismissal from the team. As will criminal behavior of any kind.

While training at any off campus gym where children are present, you will not use profane language and will respect any other rules for that particular location.

While training club members, you are representing the UNC Boxing Team and will behave in a professional manner.

You will NOT bring boxing equipment to parties.

You will NOT get into fights.

You will NOT use illegal drugs.

While in a competition setting, you will respect the officials, your opponents, and your opponent's coaches.

YOU WILL USE COMMON SENSE.