

## UNC Boxing Team Requirements

Rev. Sept, 2018

Before you consider sparring or joining the competition team, you should know what is required. A high level of technical skill and an excellent level of conditioning are required to *safely* compete as a boxer. The boxing season begins in August and ends in early April. During this time, you'll be training at least 12 hours per week. If that sounds like too much of a time commitment, stop reading now.

Boxing has a number of very precise motor skills that will need to be perfected before you can begin sparring. If you're having trouble executing a skill, you will need to spend your own time practicing in front of a mirror, with a partner, or on the heavy bag until you get it right. You should plan on arriving to practice early or leaving late.

Our normal *contact* practice days are Tuesdays (700PM) and Fridays (6PM). If you are unable to make these two practice times on a regular basis, you will not be able to compete and may not be permitted to spar. If you're accepted on the team and routinely arrive late or miss any scheduled practices, you will be cut from the competition roster. A sample practice schedule is below to give you an idea of the training load. In addition to the training time, you'll be expected to help with the non-contact club practices once a week on Monday, Wednesday, or Thursday.

You'll get no PE credit or scholarship. You *will* get a chance to compete in the most challenging college sport. You'll also receive leadership training for your secondary role as a club trainer. You'll have a coaching and training staff dedicated to making sure you not only excel, but win titles for your school. This is not a traditional boxing gym; we're not looking for dues, we're looking for *talent* and *dedication*.

Below is a sample schedule for a peak season training week. On the next page is a checklist summarizing the skills you'll require before you can compete.

-Josh Sokal  
Head Coach  
UNC-CH Boxing

Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	
<b><u>Boxing</u></b> (4 scheduled days per week)	Individual practice before or during club	Drills and technical sparring		Technique focused practice	Drills and sparring on Friday. ~Once per month sparring or event off-campus on Saturday.		Rest	X4 scheduled days per week and shadow boxing and tape review
When possible, light shadow boxing should be added before weight training or runs. A few minutes of tape review should be done 1-2 a week.								
<b><u>Conditioning</u></b>	Interval run at club	Burnouts at end of practice		Interval run in morning (soft scheduled)	Burnouts following sparring		Rest	X2 interval runs X2 short jogs per week X2 days with burnouts
<b><u>Weight/ Plyometric</u></b>  *These practices should be followed by a 1 to 2mi jog	Body weight exercises: sit ups, neck, pushups, etc.		Weight training* (soft scheduled)	Light set of body weight exercises ~10min	Weight training* (soft scheduled, preferably opposite day from sparring)		Rest	X2 weight training days and X2 body weight training days
<b><u>Hours Per Day</u></b>	2	1.5	1.5	2.5-3	3.5-4hrs for both days			~ 12 hrs / week

- ☐ Mechanics of six basic punches
  - Perform on mitts/bag/shadowboxing
  - Hand speed ( $\geq 5$  punches/sec on bag)
  - Perform in sparring
- ☐ Blocks and parries
  - Perform on mitts
  - Perform in drills
  - Perform in sparring
- ☐ Head movement (reflexes)
  - Perform in drills
  - Perform in sparring
- ☐ Slip and roll, ducking in and out, and duck-unders (ability to change level)
  - Perform on mitts/bag
  - Perform in drills
  - Perform in sparring
- ☐ Competent footwork (maintaining stance, circling, pivoting, angles, moving with punches)
  - Perform in drills/shadowboxing
  - Perform in sparring (understanding and managing range)
- ☐ Integrated defense (keeping off hands up, slipping with punches, flowing into defense from offense)
  - Perform on mitts/bag/shadowboxing
  - Perform in drills
  - Perform in sparring
- ☐ Counterpunching, stop hitting, and feints
  - Perform on mitts/shadowboxing
  - Perform in drills
  - Perform in sparring
- ☐ Conditioning
  - Pass fitness test
  - Limited fatigue from three 2 minute rounds of sparring with 1 minute breaks
- ☐ Confidence and comfort while sparring
- ☐ Knowledge of amateur boxing rules
- ☐ Willing and able to compete at regional and national tournaments