

Sydney Uni Boxing Club

New Member Guide



Sydney Uni
Boxing Club



About us

SUBxC is a historic club with a unique membership comprised of students and community members. Find yourself training in a vibrant, diverse and inspiring environment alongside Australia's brightest minds and future leaders. Whether you want to use boxing training to improve your health and fitness or want to succeed in competitive amateur boxing, we're focused on providing you with the opportunities to achieve your goals.

What we do

Whether you want to compete for recreation or you're an aspiring Olympian, our dedicated and experienced coaches can guide and support you in developing your fitness, skills and ring-craft. Boxers are some of the fittest humans around, so get in the best shape possible by training like one with us.

Where we train

SUBxC's home is Brydens Boxing Gym, within the Sports & Aquatic Centre on The University of Sydney's Darlington campus.

When we train

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6–7:30 pm Structured class MEMBERS: > Ω	5–6 pm College Boxing MEMBERS: Residential college members only	6–7:30 pm Structured class MEMBERS: > Ω	5–6 pm College Boxing MEMBERS: Residential college members only	5–6.30 pm Starter's class (Structured class) MEMBERS: ∞ B	11 am–3 pm Unstructured training MEMBERS: ∞ B > Ω
7:30–9 pm Unstructured training MEMBERS: > Ω	6–7:30 pm Starter's class (Structured class) MEMBERS: ∞ B	7:30–9 pm Unstructured training MEMBERS: > Ω	7:30–9 pm Unstructured training MEMBERS: ∞ B > Ω	6.30–9 pm Unstructured training MEMBERS: > Ω	

Structured class: Coaches lead members through a group-based training session.

Unstructured training: Training session is self-driven. Coaches may provide intermittent pad work and instruction, as well as oversee sparring. Absolutely NO sparring is allowed without an SUBxC coach's supervision.

College boxing: For members of the residential colleges within The University of Sydney only.

∞ Fitness-focused—I have little to a lot of experience in boxing training, but I don't want to fight

B Absolute beginner—I have no, or very little, experience in boxing training and I just want to give it a go

> Aspirational fighter—I have not competed before, but want to fight

Ω Fighter—I have competed before and want to fight again

*Members are obliged to discuss their intentions for competing with coaches. Coach approval is required to train regularly in the 6 pm Monday and Wednesday structured classes.

For more information, please visit our website sydneyuniboxing.com.au or email boxing@sport.usyd.edu.au.





Fees

12-Month SUBxC Membership Effective as of Monday, 22 February 2016	USYD Student/Staff	Community	Junior (<16)
	\$185	\$300	\$55

You must be a current annual member of SUSF to purchase a SUBxC membership. Please visit our website or call the Sports & Aquatic Centre on 9351 4978 for more information about our fees.

Our coaches

Head Coach: George Plessis

Please visit our website to see profiles on our coaches.

Where to start

YOU ARE		START HERE
B Absolute beginner	I have no, or very little, experience in boxing training and just want to give it a go	Jump into our Starters Classes at 6 pm on Tuesdays and 5 pm on Fridays and then drive yourself in Unstructured Training on Thursdays and Saturdays.
∞ Fitness focused	I have a little to a lot of experience in boxing training, but don't want to fight	Go crazy in our Starters Classes at 6 pm on Tuesdays and 5 pm on Fridays and/or go your own way in Unstructured Training on Thursdays and Saturdays.
> Aspirational fighter*	I haven't competed before, but want to fight	Start off in our Structured Classes at 6 pm on Mondays and Wednesdays, or our Unstructured Training sessions. However, ensure you speak with one of our coaches about your competition intentions.
🏆 Fighter	I have competed before and want to fight again	Take your pick from the Structured Classes at 6pm on Mondays and Wednesdays, or our Unstructured Training sessions. Ensure you check-in with one of our coaches.

*Members are obliged to discuss their intentions for competing with coaches. Coach approval is required to train regularly in the 6 pm Monday and Wednesday structured classes.

What to wear and bring

- Clean, breathable training clothing and shoes that you can get sweaty in
- A mouth guard – this is NOT negotiable!
- A full-sized towel (you may hire a towel from the Sports & Aquatic Centre reception)
- Your own hand wraps, gloves, head gear and skipping rope
- A friendly attitude

For more information, please visit our website sydneyuniboxing.com.au or email boxing@sport.usyd.edu.au.