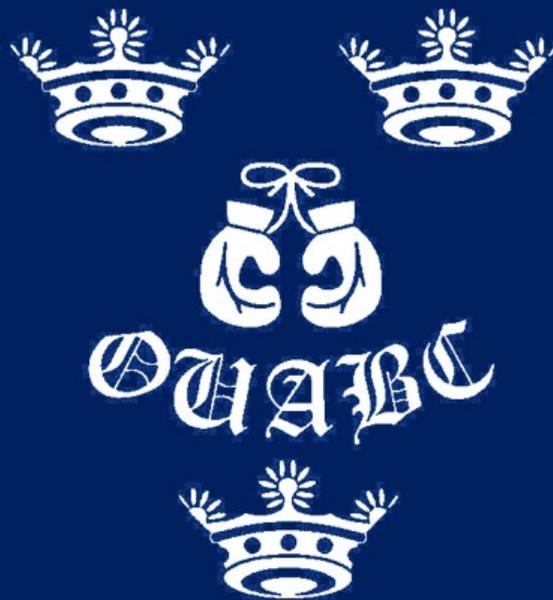


Oxford University
Amateur Boxing Club



Welcome Pack
2019/2020

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2018/19 CLUB REPORT

It is with great pride that I put forward OUABC's 2018/2019 Club Report. Huge credit is owed to the boxers that have devoted an enormous amount of time and effort to training - even doing sprints in three inches of snow. Many of them only started boxing this academic year, but their dedication to the sport has resulted in incredible progress and development. All of their efforts are highly commendable.

OUABC continues to grow as a welcoming and vibrant community. Our popularity increases each year - especially amongst female students. We have one of the largest and strongest women's boxing teams in the country. This year, in celebration of our outstanding boxers, we put on The Inaugural Oxford Women's Boxing Match. Nine of our students put on a spectacular boxing display and we are excited for this become a regular sporting event on the Oxford University sporting calendar.

Following on from a strong performance in the Women's Match, we held our second event of the year: our annual Town V Gown Match. Tickets sold out in record time and our team competed in closely matched bouts against boxers from across the country.

This year we also entered four women into the British University Championships (BUCs). We came away with two gold medals and one silver. Jess, Katya, Amy and Rachel have all been fantastic ambassadors for OUABC. The club ranked 3rd overall in the BUCs league and 1st for the women's BUCs league, an amazing achievement.

I would like to express my gratitude to the countless people that have worked in the background to grow the club. Thanks go to all the coaches, particularly Dave Mace, whose has been a huge driver in growing female participation in the sport. The captains, Sam, Rachel and Ella have all devoted enormous amounts to the club, and have created a really supportive culture. Thanks are owed to Lydia Welham (former women's captain, Blue 2018) who worked tirelessly putting on the Women's Boxing Match, while she was also preparing for the ABA National Finals. Her win marks an exciting milestone in her promising boxing career.

This year marked the 112th Men's Varsity with Alex Boe, Conor Gleeson and Dan Byam all winning their matches. Every boxer put on a spectacular display and should be congratulated.

It has been a pleasure boxing and working with all the team and committee.

Indie Walker, OUABC President 2018/19

TRAINING

Boxing is open to everyone – most people who join the club have never boxed before. All coached sessions (except Saturday mornings) are mixed; the captains will also run mid-week morning sessions.

WHAT TO BRING

You can turn up to any open session, no need to let anyone know before you come – we have new people starting all the time. Wear comfortable sports kit, and make sure you bring a large bottle of water. We also recommend that you bring a skipping rope and a set of hand wraps, which you can either order online or buy directly as a pack from the club.

The club has gloves that you can borrow, but many boxers eventually buy their own pair. We suggest 12oz for women, 14oz or 16oz for men.

TYPICAL SESSION & TRAINING TIMES

- 10mins – Warm-up (stretching, skipping, press-ups, dorsal raises, squat thrusts)
- 10mins – Punch bags
- 10mins – Ladders (footwork, cardio, technique)
- 10mins – Benches (bodyweight exercise workout e.g. press-ups, squats, lunges, plank)
- 15mins – Technique work with a partner
- 10mins – Punch bags (focus on technique)
- 5min – Cool down (press-ups, tuck jumps, crunches etc; stretching)

During this time, medicalled (i.e. insured) boxers may spar in the ring, and the coaches will do some one-to-one pad work with more experienced members.

Tuesday	17.30-19.30 (all welcome)	Iffley Sports Hall
Thursday	16.30-18.30 (all welcome)	Iffley Sports Hall
Friday	18.30-20.30 (invite only)	Iffley Sports Hall
Saturday	09.00-10.30 (men invite only) 10.30-12.00 (women invite only)	GLD gym, Iffley Sports Centre
Sunday	08.30-10.30 (all welcome)	Iffley Sports Hall

MEMBERSHIP FEES

The club operates on a membership system. Your first two sessions are free, then:

Oxford University students	£50 per term or £110 per year
Oxford University staff / other students	£60 per term or £150 per year
Other members	£70 per term or £180 per year

To pay subs, go to <https://www.ouabc.com/pay-membership>. Please contact the OUABC Treasurer directly with queries regarding subscription fees.

OUABC COMMITTEE 2019/20



PRESIDENT: Rachel Dauncey

EMAIL: rachel.dauncey@trinity.ox.ac.uk

I am a 3rd year Mathematician at Trinity College. I started boxing in Michaelmas 2018; my main role this year is coordinating the club to make sure everything runs smoothly. Please feel free to contact me with any questions, or just ask me at training (I'll be the very sweaty one with haphazard plaits).

VICE PRESIDENT: Lydia Welham

EMAIL: lydiaewelham@gmail.com

I am a bit of a veteran going into my fourth year at the club and my sixth year in Oxford. I'm not a medic, I'm just really hard to shake: I studied French and Russian at Teddy Hall and am now the current Sports Fed President. The club has given me so much over the years, above all the best bunch of people you'll ever meet. I'm always around Iffley for any questions you have about boxing, the club or Oxford Sports.



VICE PRESIDENT: Kaya Axelsson

EMAIL: kaya.axelsson@gmail.com

I am a post-grad in the Department of Politics, where I study Climate Policy. I am also Vice President of the SU working with Charities and Community. This is my second year in the gym and I'm passionate about maintaining the inclusive environment for anyone to try out boxing (as well as the fierce competition that the team brings to women's boxing).

TREASURER: Benjy Penny

EMAIL: benjamin.penny@seh.ox.ac.uk

I am a South African Earth Scientist at St Edmund Hall. I joined OUABC as a beginner in Michaelmas 2018 and have loved being a part of the club. Not only was it a fantastic way to make friends outside of college, but I have also enjoyed being able to unwind at training after a long day. As Treasurer I manage the club finances, as well as helping to organise events such as the Fight Nights or Tenerife. It has been great fun being part of both the boxing team and the committee, and I look forward to the next year.



SECRETARY: Luka Deekeling

EMAIL: georg.deekeling@magd.ox.ac.uk

I'm Luka Deekeling, reading PPE at Magdalen in my 2nd year. After having signed up for trials with about 2/3 of all societies in my freshers' week, I chose boxing, and haven't regretted it since. As secretary, I will be involved with organising the shows and the Tenerife training camp this year.

OUABC COMMITTEE 2019/20



WOMEN'S CAPTAIN: Katya Marks

EMAIL: katya.marks@ccc.ox.ac.uk

I'm Katya, women's captain. I'm a fourth year medic at Corpus and started boxing in October 2018. I'm really looking forward to welcoming more women into the club and will always be around to answer any questions or to have a chat. Boxing is a lot of fun and we have a wonderful team at OUABC, so welcome and enjoy!

MEN'S CAPTAIN: Alex Brindle

EMAIL: alexander.brindle@some.ox.ac.uk

2nd Year PPE, Somerville. My role is to ensure the boxers in our club are completely healthy, happy, fit and trained, ready to win. This year's Varsity is set to be our best performance yet – and I'm ambitious that we can win every single bout. I'll be developing and selecting boxers, looking out for the most committed. My morning training sessions are open to everyone and a key way to get some extra training in on top of evening sessions, particularly to develop fitness. Any questions, comments, queries or concerns, feel free to get in contact!



WOMEN'S VICE CAPTAIN: Jo Heymann

EMAIL: joanna.heyman@new.ox.ac.uk

Hi, I'm Jo. I'm a third year engineer at New College and started boxing in Hilary 2019. I'll be helping out Katya with the morning sessions and will be around to support all the female boxers. There's a really wonderful cohort of people at boxing and I've already gained so many wonderful friendships (as well as upper body strength!). Welcome to the club and please don't hesitate to get in touch!



MEN'S VICE CAPTAIN: Stan Dumas

EMAIL: stanislas.dumas@keble.ox.ac.uk

I started boxing in Michaelmas 2018 and have competed in Town v Gown and Varsity in 2019. I will be here to support Alex in his functions as captain and I will be someone to talk to if you have any OUABC related questions, just feel free to contact me on Facebook or at training.



OUABC COMMITTEE 2019/20



WOMEN'S SOCIAL SEC: Zoey Zhang

EMAIL: zuoyu.zhang@bnc.ox.ac.uk

I am pursuing my second Master's degree at Brasenose College, reading Modern Languages (German). This is my third year at Oxford and with OUABC. I met some of my closest friends through boxing, and I look forward to meeting all of you new faces. I hope that OUABC would become a place where you could make lifelong friendships, de-stress yet challenge yourself safely, and a place you could call home!

MEN'S SOCIAL SEC: Ed White

EMAIL: edward.white@some.ox.ac.uk

2nd Year PPE, Somerville. Although I have never put on a pair of boxing gloves in my life, I have put on a lot of crewdates. I was the entz rep at Somerville, an LGBT entz rep, and host a radio show with Brindle. This year I have a lot of plans for crewdates, as well as other socials and drinking or non-drinking events. Everyone is welcome as these are an important part of the boxing club. Just don't expect to see me in the gym. "The thing about street fights... the street always wins." – Vin Diesel



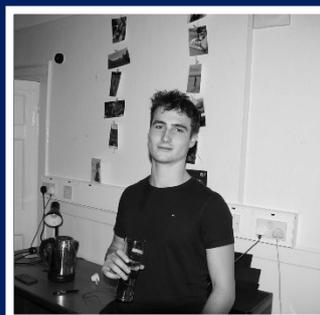
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WELFARE

The welfare officers of OUABC would like to extend a warm welcome to all current and prospective boxers! We will be available throughout the academic year to provide athletic, nutritional, mental health, financial, social-emotional and academic support. For those interested in potentially joining OUABC but have questions or trepidations about training, please reach out to any of us. This season we will be focusing on breaking down some of the social barriers and perceptions of the sport. We are also excited to host weekly welfare brunches and monthly themed meetings during term time. One of our primary goals will be to further cultivate the already inclusive and encouraging sense of community within the team. We hope to see you at training and events!

WELFARE OFFICERS



Andrew Marotta

EMAIL: andrew.marotta@gmail.com

3rd year D.Phil, Education, St Hilda's. I've been boxing for two years, starting back home in Brooklyn, NY. I'll be training year-round for Town vs Gown and Varsity as well as serving as a welfare officer. You'll find me at most training sessions, but also feel free to reach out any time via email!

Anna Keszthelyi

EMAIL: anna.keszthelyi@hertford.ox.ac.uk

I am a third year biologist at Hertford College. I started boxing for the first time in my first year with no idea what it would be like, but after second year training with the women's squad I finally saw how hard work can pay off in the ring. I've always found the club very accommodating with a very strong community. Being the welfare officer this year means I can contribute to it, which I really look forward to!



Sarah Ashcroft-Jones

EMAIL: sarah.ashcroft-jones@psy.ox.ac.uk

I am a DPhil student reading Experimental Psychology. I started boxing in Michaelmas of 2018 after competing in kickboxing for several years. My role at OUABC is to make sure that the health, well-being and welfare of each club member is prioritised. Along with the other Welfare Officers I am always around to answer questions, lend an open ear and to help in any way I can!

BOXING SHOWS

SATURDAY 16th NOVEMBER: WOMEN'S SHOW

Last year we hosted our first all-women boxing show, to great success. We had nine Oxford girls fighting; for many of them it was their first competitive bout. This year we will be hosting the show again at Iffley Sports Centre, complete with a volunteer-staffed bar.



SATURDAY 25th JANUARY: TOWN VS GOWN



Every year we host a sold-out show in the prestigious setting of the Oxford Union, where OUABC boxers go up against challengers from other clubs, universities, and other members of our own club. The night offers many boxers a chance to compete and is a precursor to the BUCS tournament and ultimately the Varsity Show.

WEEKEND OF 31st JANUARY: BUCS

The British Universities Championships are a National competition hosted by BUCS (British Universities & Colleges Sport), where our boxers get the chance to compete against fellow boxers from universities across the country. Our women have won the accolade of top women's team in three of the last four years.



SATURDAY 7th MARCH: VARSITY MATCH



The Varsity match is a major event in the year for our club. This year marks the 113th Men's Varsity; we are currently at 54 wins each to Oxford and Cambridge, and success on this night is what the Blues squad boxers work towards. It will also hopefully be the 4th Women's Varsity, which currently stands at 2-1 to Cambridge. This year we are set to host, and are looking to do extremely well against our rivals.

TENERIFE TRAINING CAMP

WHAT TO EXPECT

In the week before Hilary term starts, at the beginning of January, we organise an intense pre-season training camp in Tenerife. A typical day involves a 6am 7km run, followed by some sprints on the beach and a dip afterwards to cool off – all before breakfast. Later on, we head to the nearby boxing gym for bag work and circuits. For meals there is a nutritious buffet to keep the team fuelled, and many will go to the rooftop of the hotel to relax, work and enjoy the view. The evening involves a return to the gym for a focus on technique and sparring.

On two of the days that week we do a 12km run along the Teide; the highest volcano in the world outside of Hawaii. It is an enjoyable run through spectacular scenery, although it is a demanding route, making it often the most memorable moment for many of the squad. On the final day some of us chose to spend the afternoon in a water park, which claims to be the best in the world.

SELECTION

Selection for the camp is highly competitive, and is done by the captains and coaches. They will look for your dedication, ability and commitment to boxing. Attending as many training sessions as possible is the best way to improve your chances, and the committee are always on hand for advice on how to progress in the sport.

OUR COACHES

All our coaches are England Boxing trained, with over 100 years of boxing experience between them. Head coach Dave Mace has been with the club for 17 years, and in that time has overseen the introduction of women into the club, growing the women's team alongside the men's team.



LINKS & MORE INFO

Facebook Page

Facebook Group

Men's Group

Women's Group

Website

If you have any further questions or queries,
please don't hesitate to contact our
committee.