

Fall 2024 Information and FAQ

Thank you for your interest in the Trojan Boxing Club! And if you are returning, welcome back! Here's what y'all can expect. Control-F is highly recommended hahaha.

Note: Due to current problems experienced by many RSO clubs, SOME OF THESE DATES AND INFORMATION MAY BE SUBJECT TO CHANGE. The start of this semester had many changes and difficulties from previous years, which has made our preparations for this semester very hasty. We apologize for any current and future inconveniences.

General club information:

When is practice?

Practices will be on **Tuesday/Wednesday/Thursday in the village gym (Queenax bag room) from 7:30-9:30 pm**. We will also have the Big Studio Room reserved, and hold sessions there as well to accommodate for our many members. September 3/4/5 is going to be our **free trial week** so make sure y'all check us out! We will be starting with the basics and introduce the coaches, Eboard, and competition team.

What is included with membership?

Membership mainly allows for practices that are run by the coaches and competitive team. We will start off with the basics and move on to more advanced drills as the semester progresses. We will run intense strength and conditioning, bag work, mitt work, and partner drills. Not only will your boxing skills improve, but your overall fitness will skyrocket. Our club will also hold social events, so stay on the lookout for those as well!

Does boxing hurt?

Boxing is a physical contact sport, so there are obvious risks to look out for. However, we will not force you to do anything you are not comfortable with. There are many members who join just for the workout.

Will I be able to spar?

General club will **NOT** hold sparring on campus, due to USC policy and liability. However, we may run drills that will simulate sparring safely. You will not be forced to do a drill that you are uncomfortable with.

What gear should I buy and do you sell?

14-16 oz gloves and handwraps. We do not sell gloves, however we sometimes sell limited handwraps with a USC style pattern for fundraising! Gear is not required for the first few weeks, but if you have gloves and hand wraps already, please bring them. As we get into the semester; we really, really recommend that you buy your own gear.

How much is payment/dues?

We charge **\$120 per semester**, \$100 for returning members, \$120 and for competition members. Please pay in cash or check (I know it's inconvenient as hell, but it's RCC rules not us). We do not discount, however you can pay in installments.

Club sports pass/IM-Leagues/Concussion Test:

USC RCC requires that all of our members acquire the IM league pass for Intramural clubs and do concussion testing (all online). This is a lengthy process, so **please follow the directions carefully.**

[Sign up and Membership Instructions](#)

Competition team information:

This is a general overview for Prospective competitive team members.

Tryout Info: Tryouts are being held at regular practices **Tuesday-Thursday (September 10th-12th) at 7:30pm-9:30pm at the Village gym and at Sunday (September 15th) at 8:00am-10:00am at the City of Angels Boxing gym** (address: 3006 Main St, Los

Angeles, CA 90007). You do not need to show up to all the days, but greater attendance increases your chances.

We are mostly selecting people who have either had previous experience or existing general members already trained by us. If you do not make the cut, join the general club so that we can better prepare you for future semesters!

Our selection standards in no particular order:

- Ample skills and fitness
- Ability for commitment to future practices
- Hard work ethic (need to show that dawg in you)
- Character and being a good teammate

Practice times:

If you see that you will struggle with making practices due to your schedule, we implore that you try out in a future semester. We have additional practices off campus at the **City of Angels Boxing gym** (walking distance from the village) at **Monday 7:30-9:30 pm, Friday 2:45-4:45 pm, Sunday 8-10 am**. We get that everyone's schedules can be busy, but we ask that y'all try to make at least 80% of both general AND team practices.

What gear should I have?

- 16 oz sparring gloves (14 oz is ok if you are under 140 lbs)
- Hand Wraps
- Headgear (USA boxing certified)
- Mouthguard
- Groin Guard

What do I need to spar?

You will need to sign up for a USA Boxing membership to spar in the gym.

<https://usaboxing.webpoint.us/>

Where (and when) are competitions?

Competitions are held all over the country, and we usually aim for the competitions near the West Coast region. Competitions usually happen in the Spring semester, so much of the Fall semester is focused on getting you in shape.

Will I need to cut weight?

Unfortunately, the most likely answer is yes. Weight cutting is an integral part of boxing, as differences in size and strengths hold innumerable advantages. Weight cutting is very dangerous if done wrong and too extreme, therefore we will help you cut weight in a healthy and feasible manner.