



# BOXING CLUB



## UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The Husky Boxing Club serves the University of Washington's students, faculty and staff to promote the sport of boxing. Tryouts are usually held three days a week (M/W/F) starting near the beginning of the autumn quarter. They present an excellent opportunity to acquaint oneself with the art of boxing, and work out with the team to see if the boxing club is a good fit. There is introductory portion of tryouts, where the basics of boxing punches and movement are taught, as well as an intense work out component. However, no experience or equipment is required and it is strictly non-contact. Safety is extremely important to our team and, consequently, is addressed in all facets of participation. Our club instructor is a Boxing Nationals contender, and arranges matches against colleges and gyms both locally and nationally.

### CLUB DUES

\$15 for initial quarter for new members  
\$35 per quarter thereafter

### CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

*UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

### MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3<sup>rd</sup> floor of the IMA.

### CLUB PRACTICES:

**Dates:** Fall/Winter/Spring Quarters  
**Days:** Monday/Wednesday & Friday  
**Times:** 8:45-10:30 pm & 3:30-5:30 pm  
**Location:** IMA Mat Room B

### INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington's Student Health Insurance Plans: <http://depts.washington.edu/ovpsl/insurance/index.shtml>.

### FOR MORE INFORMATION

#### Club Representative:

Rachel Nakanishi: [smile\\_grl@msn.com](mailto:smile_grl@msn.com)

#### Club Email:

[boxing@uw.edu](mailto:boxing@uw.edu)

#### Club Website:

<http://www.uwboxing.org>

#### Club Sports Coordinator:

Chris Delaune  
206-543-9499  
[delaune@uw.edu](mailto:delaune@uw.edu)

#### IMA Homepage:

<http://depts.washington.edu/ima>