BOXING CLUB 2016/2017

The first semester of the 2016-2017 calendar was a success on several fronts for the University of St Andrews Boxing Club. To begin with, the high number of new members ensured that our club would continue to be one of the largest in the Athletic Union. As many of our experienced fighters and club leaders had graduated the previous year, our club began a successful transition period which would result in a new crop of fighters achieving competitive success in the second semester.

Semester two was again an exciting one. Training was tough but that’s what we come along for. The Captain, Thea, did an excellent job of keeping us in shape especially as we had two boxers fighting in the Scottish University Championships (winning silver and gold) as well as one boxer fighting locally for his club outside of university.

The premium placed on personal fitness therefore not only advanced the ability of our competitive members, but also helped attract people seeking a good source of exercise. Our club continues to be able to satisfy both types of members, fostering a diverse and friendly environment.

There was a concerted effort to get members sparring more often in the second semester, and to facilitate this we drove to Dundee frequently to train and spar on a Tuesday evening. This provided a valuable range of different weights and styles for our boxers to contend with. Additionally, an emphasis was put on getting sparring going at least twice a week in our own sessions.

In September, the boxing club will have its own stand-alone ring for the first time, complete with bag fixings on each corner. Further to this, wall based bag fixings have been agreed with the AU to get more heavy bags for our members to train on. Orders have also been placed for body armour, ladders, pads and gloves, and more.