



University of Miami Boxing Club  
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## UM Boxer overcomes setbacks to win a national boxing title.



*Photo courtesy of Jessica Welsh*

Welsh throws up the “U” after winning a title at the USIBA championships.

CORAL GABLES, Fla. (April 11, 2015)– A hand injury, a car accident and recent diagnosis of patella tendonitis didn’t stop University of Miami Boxing Team member Jessica Welsh from winning her first United States Intercollegiate Boxing Association National Championship title in the Women’s Flyweight Division April 11 in Ann Arbor, Michigan.

Despite setbacks, Welsh, 24, trained for months to earn her spot as one of the top collegiate boxers in the nation.

“The training never completely stops,” said the second year UM law student. “Typically, we train three days a week as a team, and I run distances on my off days as well as teach fitness classes for Mickey Demos Boxing on Key Biscayne and UM’s Boxing Club.”

A hand injury in fall 2014 kept her from formally training for six weeks. However, instead of quitting, Welsh used this time to improve on her weaknesses by doing footwork drills and practicing yoga to improve concentration and balance.

In spring 2015, Welsh was diagnosed with patella tendonitis, which causes painful inflammation in her knees, and was in a car accident that left her neck and upper back in pain for weeks.

“Training this year had its ups and downs. I was constantly rehabbing myself from setbacks,” said Welsh. “But no matter what, I did something to work toward my goals for five to six days a week.”

Welsh began boxing at Title Boxing Club in Iowa when she was 21. She moved to Miami to pursue a law degree and found the Boxing Club by chance at Canes Fest. When she was first asked to compete for the team she was hesitant, worrying she couldn't balance boxing with her demanding law school schedule.

"Now looking back, UM boxing is such a huge part of my life and I couldn't imagine it any other way."

Welsh enjoys sharing her love for boxing with the club and seeing others improve. She has made great relationships through the boxing club and her favorite part of her championship-winning weekend was that she experienced it with her team.

"After some sweaty hugs and congratulations, you could feel pride radiating in every presence there," said Welsh. "The bond formed among this group is strong, and I will never forget the power we have in numbers."

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***About the University of Miami Boxing Club***

*The University of Miami Boxing Club seeks to teach students the sport of boxing. The goal of the boxing club is to promote a healthy lifestyle, connect students that share a common interest, and teach self-defense. Practices consist of workouts, technique training, and partnering. The club has over 150 members and any student is welcome to join regardless of boxing experience.*