

LISA BAUCH

1324 Quincy Street NE, Minneapolis, MN 55413 — Phone: 612.751.5551 (C) | 612.822.1964 (W) — lisa@uppercutgym.com

BUSINESS OWNER, USA LEVEL III BOXING COACH & CONSULTANT

Leveraging more than 25 years of experience to make the sport and business of boxing more accessible

A tenacious, results-focused athlete, trainer and entrepreneur committed to achieving and cultivating top performance with more than 25 years of proven success establishing and managing the Midwest's largest boxing gym and the only boxing gym in the U.S. solely owned and operated by a woman. Able to blend hands-on experience as a fighter in the ring, a trainer/coach in the corner and a leader in the community. Specialized strengths include:

A Comprehensive & Practical Overview of Boxing – Able to share insight from the journey through the sport of boxing as an outsider to a novice, to a student of globally recognized trainers including Lennox Blackmore and Hector Rocca to eventually founding and operating all aspects of a full-service boxing gym. Equipped with a first-hand perspective on the physical, mental and emotional requirements across the full range of participation, from enthusiasts to professional boxers and coaches.

Boxing Gym Operations – Adept at all aspects of gym and business management from selecting, refurbishing and maintaining facilities to recruiting top staff and coaches, conducting clinics, ensuring safety, acquiring proper equipment, and establishing marketing and membership programs to enable new and existing boxing gyms to thrive.

Presentation & Public Speaking – Experienced in presenting to a wide range of audiences, from students to boxers, trainers and coaches as well as community and business organizations. Consulted with and developed comprehensive programs for fellow gym and fitness center franchise owners to implement and enhance boxing capabilities.

SELECT INTERVIEWS AND ACCOLADES

*From broadcast segments, media appearances
and print interviews since 1997*

[The Only Woman to Own and Operate a Boxing Gym in America](#) – interviewed by Pursue the Passion (YouTube)

[The Boxer](#) – interviewed by Twin Cities Business Magazine (print)

[The Good Fight](#) – interviewed by Vita.MN (print)

Deemed “one of the few female players of substantial caliber in today’s boxing world,” in the October 2005 issue of Boxing Digest (print)

Boxing & Gym Management | Amateur & Pro Boxer Training | Coaching & Mentorship | Safety & Regulatory Compliance
Membership Programs | Budgeting | Marketing | Procurement | Equipment & Facilities Management | Fitness Instruction
Presentation & Public Speaking | Consulting | Event Management | Ringside Corner & Cut Management | Public Relations

PROFESSIONAL HISTORY

Uppercut Boxing Gym Minneapolis, MN ■ October 1996 – Present OWNER / FOUNDER

Established and oversee all aspects of a 13K square foot boxing gym and courtyard serving walk-ins as well as a growing number of regular members. Manage all operations including memberships, accounting, contracts, vendor management, Ordering and maintaining equipment and supplies, providing customer service, insurance, marketing, scheduling, cleaning and coordinating events and facility rental arrangements. Respond to questions and resolve issues for prospective and existing members. Recruit, train and supervise a team of two full-time trainers and up to eight contractors responsible for a total of up to eight classes daily for all ages and experience levels. Comply with all safety and regulatory requirements.

- Successfully designed and implemented a first of its kind boxing program with no age or gender restrictions.
- Appointed to serve as Golden Gloves World Tournament Director of Operations and Region 1 Director of the Upper Midwest Golden Gloves Association, helping coordinate world-level activities twice (in Maryland and in Minnesota).
- Continually expanded operations, moving to the current location in 2001 which was renovated to include two full boxing rings with the space and amenities to host monthly competitions.
- Developed preferred relationships with Ringside Boxing and Title, resulting in cost savings of up to 30% on equipment.
- Cultivated a loyal staff, all of whom have been with the organization for at least a decade as trainers and boxers.
- Led a full team of female boxers to the national tournament in 2007 with one of the fighters reaching the final round.
- Served as First and Second trainer for more than 40 professional fighters, currently performing as Second for super heavyweight boxer Aaron Green, assisting in the corner and serving as a backup trainer and cut man as needed.
- Achieved multiple recognitions including Uppercut Gym being named “Best in the Cities” in 2008 by MN Monthly Magazine and ranking as one of the top 25 gyms in the 2007 issue of Minneapolis/St. Paul Business Journal.
- Awarded the 2007 “Brick Award” by the Women Venture Organization as an outstanding woman business owner.

Fitness Spokesperson, Trainer and Consultant Minneapolis, MN ■ **October 1990 – Present**

Increased awareness and appreciation for fitness and the sport of boxing by delivering talks and presentations, providing personal fitness instruction, producing media segments and consulting with other gym owners, coaches and trainers.

- Designed a turnkey program for gym and franchise owners seeking to implement or expand boxing capabilities.
- Developed, reported and produced fitness segments for the “KARE 11 Today” show from 2001 to 2003.
- Produced a fitness segment for the “Healthy Heart” commercial for Voodoo Productions in 2001.
- Organized, promoted and produced over 150 Golden Glove Tournament and International Boxing Events since 2003.
- Appeared in more than nine broadcast segments on regional television since 1997 as either a featured guest or fitness correspondent and interviewed for more than 20 printed stories.

Training & Certification

Certified USA Level III Boxing Coach

Undergraduate Coursework, University of St. Thomas, St. Paul, MN

Additional Certification & Licensure

CPR Certified | ACE Certified Personal Trainer | Licensed through the Minnesota Combative Sports Commission
Licensed through the Mille Lacs Band Athletics Commission | USA Boxing Certified Judge and Time Keeper

Professional Affiliations & Other Community Activities

Instruct boxing programs for local organizations including the YWCA, YMCA and Girl Scouts of America | 1996 – Present

Upper Midwest Golden Gloves Board, Region 1 Director and Secretary | 2001 – Present

World Golden Gloves Tournament, Director of Operations | 2013