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Portland Boxing Club's April 2019 Newsletter.

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PORTLAND BOXING CLUB

1992 ★ MAKING CHAMPIONS & GOOD CITIZENS FOR 25 YEARS ★ 2017



Portland Boxing Club's Liz Leddy, left, connects with a jab to Jacki Boyle, of Stamford, CT, at the New England Golden Gloves Open Finals. *Photo courtesy Kineo Photography.*

Leddy Wins Ninth New England Golden Gloves Championship Title

Portland Boxing Club's Liz Leddy, an open class lightweight (132 lbs) of Portland, won her ninth New England Golden Gloves Championship Title at the

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Leddy, who was representing Northern New England, defeated Jacki Boyle, of Stamford, CT, who was representing Western New England. Her constant aggressiveness won Leddy all three rounds on all the judges' score cards. Leddy advances to the National Golden Gloves Championships in Chattanooga, TN in May.

PBC's Nathan Nappi and Wade Faria had special bouts at the New England Golden Gloves Tournament of Champions on February 28, 2019. Nappi, a novice class light welterweight (141 lbs) started fast dominating Richard Theodore, of Abington, MA, scoring a TKO at 1:30 into the first round. Faria, a novice class middleweight (165 lbs), making his amateur boxing debut defeated Seif Hamisi Dale, of Lynn, MA, by TKO at 1:40 into the third round. Dale received eight counts towards the end of the first and second round before the referee had seen enough stopping the bout in the third round.



Portland Boxing Club's Alec Dacar, left, made his amateur debut at the Second Annual PAL St. Paddy's Day Rumble. *Photo courtesy Shawn Pacheco*

shawnpacheco.com.

Second Annual PAL St. Paddy's Day Rumble

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Annual Police Athletic League (PAL) St. Paddy's Day Rumble on Thursday, March 14, 2019 in Nashua, NH.

PBC's Wade Faria, a novice middleweight (165 lbs) of Portland, dominated Randy Jackson, of Nashua, NH, scoring three standing eight counts leading to a one-sided unanimous decision. Faria has scored six eight counts/ knockdowns in his first two fights.

PBC's Alec Dacar, a novice middleweight (165 lbs) of Portland, came up short in his amateur debut against Travis Campbell, of Manchester, NH. Dacar struggled to find a rhythm against a difficult left-handed Campbell and was outscored losing a unanimous decision.

Portland Boxing Club was happy to participate in this event where proceeds benefited PAL programming in southern New Hampshire. Manchester PAL and Nashua PAL serve more than 3,000 youth through sports, after-school programming and positive interaction with Manchester and Nashua Police Officers.



Thank you to Aaron Stoddard of Stoddard Clan Woodcarving for this beautiful hand carved sign. Stop by and see it in person on display at the Portland Boxing Club.

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The historical Lowell Memorial Auditorium has hosted the New England Golden Gloves since 1947. Many amateur boxers who have gone on to be boxing greats have competed at the New England Golden Gloves or the National Golden Gloves in this venue, including Rocky Marciano, Marvin Hagler, Vinny Paz, John Ruiz, Marlon Starling, Jose Rivera, Micky Ward, Aaron Pryor, Michael Spinks, and Mike Tyson.

Photo courtesy Kineo Photography.

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The Portland Boxing Club van is searching for 2019 sponsors. Sponsor logos are prominently featured on the van which is used to transport team members to events across New England.

2019 Annual Sponsor Packages

Portland Boxing Club is a 501(c)(3) non-profit organization. We are looking for sponsors and have the following sponsor packages available:

Portland Boxing Club Team Van Sponsor Package

- Your logo and/or company name prominently displayed on the team van which travels all over the New England area
- A 2x6 foot banner displayed year-round at the Portland Boxing Club gym
- Monthly recognition in our email newsletter which is distributed to thousands of people
- Your company recognized as a major sponsor on our website
- The annual cost for this package is \$5,000

Portland Boxing Club Gym Sponsor Package

- A 2x6 foot banner displayed year-round at the Portland Boxing Club gym
- Monthly recognition in our email newsletter which is distributed to thousands of people
- Your company recognized as a major sponsor on our website

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For more information on either of these packages, please contact Bob Russo at pbcboxing@maine.rr.com or 207-415-2872.



Jake LaMotta Framed Auto...

\$200 ~~\$220~~

1 in Stock



Micky Ward and Dicky Eklun...

\$100

1 in Stock

New Items Listed in the Portland Boxing Club Boxing Memorabilia and Collectables store include this autographed Jake LaMotta photograph with certificate of authenticity and a medicine ball autographed by Micky Ward and Dicky Eklund when they were at a Day One event in Portland, Maine.

Boxing Collectables and Memorabilia

Portland Boxing Club now has boxing collectables and memorabilia available for sale on-line. Current items listed include autographed boxing gloves from famous boxers such as Micky Ward, Dicky Eklund, Muhammad Ali, Jake LaMotta and Gerry Cooney along with local favorites such as Liz Leddy and Russell Lamour. Other items include vintage boxing magazines such as The Ring, KO Magazine, Boxing Illustrated and World Boxing from 1978 to 1992. Keep checking back as additional items are being added regularly.

Donations of boxing collectables and memorabilia are being accepted if you have items that you would like to contribute. "We have heard from people who want to make sure their collection goes to a good cause and from people who have been collecting for years and don't know what to do with their items. We

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Russo. All proceeds raised from the sale of these items go to supporting Portland Boxing Club's amateur boxing program.

The Boxing Collectables and Memorabilia page can be seen at

www.portlandboxingclub.org/memorabilia



Portland Boxing Club's Wade Faria is sent to a neutral corner in his amateur debut on February 28, 2019. *Photo courtesy Kineo Photography.*

Four Signs You Might Be Competition-Ready

When athletes start to get serious about their boxing training, there are two questions that often come up: "how do I find a coach?" and "when will I be ready for a competition?". This addresses the second question. If you're starting to wonder how to gauge if you're ready to sign up for a boxing competition and step in the ring for real, then please read on.

Before you start entertaining the idea of entering a competition, though, you first need to ask yourself if you have what it takes to succeed in the ring. Anyone can learn a few combinations and hit the heavy bag a few days a

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if they don't like what Coach says. The top contenders will be the folks who are not just dedicated athletes, but also excellent listeners. If you think you've got the mentality to compete, here are some ways to tell when you're ring-ready.

Your Coach Says You're Ready

The experts say that the time frame between first training and first fight varies widely from person to person, but that the very best person to ask is your coach or trainer. A good coach will provide you with complete honesty in their assessments of you. Your coach works with you, day in and day out, pushing you to improve while observing your performance and deciding what to tweak. A good coach has no stake in the game and only wants to see you succeed long-term. If your coach says you're ready, then you probably are. If your coach says you need to train some more, then you aren't ready. Never enter the ring unless a professional coach has agreed that it's a good time for you to do so.

You Have Met Specific Endurance Thresholds

To stand up against another trained fighter in the ring you need to possess excellent endurance. At the beginning of your training, you and your coach should have set up some specific physical fitness targets to aim for as signs of competition-readiness. Some of these goals can be measured objectively. For example, you might need to be able to run a certain distance (say a specific three mile loop) under a certain time. Jumping rope is another good indicator of endurance for fighters. Perhaps you should be able to jump rope, at a certain speed, for a half hour without stopping. There are lots of different ways to measure your level of conditioning. It will be up to you and your coach to set realistic goals that you can work toward.

Other thresholds aren't metric-based and will likely be based on your coach's assessment. During sparring sessions, coaches are watching your body, your footwork, and your hands for more than just competence. They want to see that you aren't getting tired and sloppy before the simulated bout ends. Are you executing your fundamentals as cleanly at the beginning of your session on the bag as at the end? If you're not, then it might be a sign that your conditioning might just not be ready. This is yet another reason why trusting in your coach or trainer is vital.

You've Demonstrated Your Abilities

So you've got the grit and determination to make it as a boxer. Your coach

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that you are able to perform well—and, ideally, win—in various competition simulations before you head into a real-life match. Your coach may set you up for sparring sessions similar to the real thing to help you master your technique and iron out any kinks. Be prepared to demonstrate your abilities in multiple sparring sessions, and more, at the gym in the weeks leading up to the big fight.

You Feel Ready and Are Self-Confident

Last, but not least, make sure to check your own inner metrics. Do you feel fight-ready? Are you confident in your ability? Squaring off with the competition will take a serious physical toll on your body. You must feel 100 percent confident in what you can do both physically and mentally. Of course, soreness and bruises are par for the course, but ring-ready athletes should be able to get back to training relatively quickly after their first fight. Meeting fitness-related goals and trusting the intuitions of your coach and yourself will get you where you need to be to compete. But you also need to feel confident in that decision as well.

If you've passed all of these milestones, then it's time to get your competition boxing uniform because this is really happening. You are going to fight... for real... in front of an audience.

This article originally appeared as a blog post by Ringside Boxing on March 11, 2019. Reprinted with permission.



[Upcoming Events](#)

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Qualifying Portland Boxing Club team members will be competing in the 2019 USA Boxing New England Championships at the Pilsudski Polish American Club in Southbridge, MA on April 6. Winners in the Elite Division will advance to the USA Boxing Eastern Elite Qualifier in October. First and second place boxers at the Eastern Elite Qualifier advance to the Olympic Trials. The road to Toyko begins in Southbridge!

Lawrence Exchange Club Charity Fight Night

Portland Boxing Club amateur boxers will be competing at the Lawrence Exchange Club's Charity Fight Night on Saturday April 20, 2019. Bouts start at 7:30 pm at the Double Tree Hotel in Andover, MA. Proceeds from this event will benefit the Lawrence Exchange Club which focuses its programs of service on Americanism, Community Service, Youth Programs and the Prevention of Child Abuse.



Help Support the Portland Boxing Club

Join the Red Corner Club! It is a great way to show your boxing pride and support the Portland Boxing Club. For an annual tax deductible donation of \$100 or greater, you can join this exclusive club of Portland Boxing Club supporters. The Red Corner Club is open to anyone who wants to support the Portland Boxing Club, including current and past members, boxing team alumni, fans and community supporters.

Benefits include: Portland Boxing Club Shirt with the Red Corner Club member

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Memberships can also be given as a gift! [Click here for more information and to join the Red Corner Club](#)

Red Corner Club Members

Thank you to the following new members of the Red Corner Club:

Gerry Zarrilli
Nicholas Lavigne

Thank you to the following members for renewing their Red Corner Club membership:

Alan Freedman



DRY-FIT T-SHIRT
from \$20.00



T-SHIRT
from \$12.00



PERFORMANCE TANK TOPS
\$19.00 ~~\$34.00~~



CHILDREN'S T-SHIRT
\$15.00



HOODED SWEATSHIRT
from \$30.00



1/4 ZIP SWEATSHIRT
from \$25.00

Check out the updated images of the Portland Boxing Club clothing in our on-line store. Plan ahead for summer - order your Portland Boxing Club tank tops and t-shirts now!

[PBC On-Line Store](#)

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buy-for boxer or boxing fan in your life!

Spring Sale

Get ready for warmer weather! T-shirts are on sale starting at \$12. Boxing glove pendant necklaces are on sale for \$10. Special Limited Edition Portland Boxing Club KO Hot Sauce is on sale for \$5.

Check out these and the other store items at: [On-line Store](#)

Shop on Amazon Smile to Support PBC

Support Portland Boxing Club every time you shop on Amazon! **Select Portland Boxing Club as your charity** then when time you shop on Amazon, go to smile.amazon.com and Portland Boxing Club will receive a portion of the purchase price.



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If you haven't been into the Portland Boxing Club recently, we welcome you to rejoin! If you are an active member, refer your friends! Membership information and Saturday boot camp information is available on our website.

[Membership Information](#)

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PORTLAND, MAINE CLUB
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WEEKLY SCHEDULE

MONDAY - FRIDAY	OPEN GYM 5:00 PM - 8:00 PM
FRIDAY	STRENGTH AND CONDITIONING 5:30 PM
SATURDAY	OPEN GYM 12:00 PM - 3:00 PM
SATURDAY	DROP IN CLASS 2:00 PM \$10.00

PORTLAND BOXING CLUB // PO BOX 644 // 33 ALLEN AVE // PORTLAND, ME 04104
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