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Portland Boxing Club's April 2020 Newsletter - Volume 5 Issue 4

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Portland Boxing Club's Liz Leddy with the New England Golden Gloves championship trophy. *Photo courtesy John Vena.*

## Portland Boxing Club Boxers Win Three Championships at New England Golden Gloves

Portland Boxing Club's athletes representing Northern New England at the New England Golden Gloves at the historic Lowell Memorial Auditorium in Lowell, MA.

PBC's Wade Faria, a novice class middleweight (165 lbs) of South Portland, won a unanimous decision over Manuel Teo, of Marlboro, MA, who was representing Central New England in the Novice Finals. Faria dominated the bout from start to finish with good boxing technique from the outside and

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PBC's Kate Zehr, an open class featherweight (125 lbs) of South Portland, won a unanimous decision over Noelle Boran, of East Walpole, MA, who was representing Central New England in the Open Finals. Zehr out-hustled Boran in every round with a non-stop attack to win an All-New England Open Class Championship. Zehr had previously won two All-New England Novice Class Championships.

Reining open class lightweight (132 lbs) New England champion Liz Leddy, of Portland, won a split decision over Marni O'Shea, of Danbury, CT, who was representing Western New England in the Open Finals. O'Shea tried to outbox Leddy, but the pressure was too much and Leddy won the close decision. This is Leddy's tenth New England Golden Gloves Championship win and she will be competing for her fourth National Golden Gloves Championship win.

PBC's Jordan Lindsay, a novice class super heavyweight (201+ lbs) of Windham, lost a competitive, close bout to the elusive Quintin Sumpter, of Pittsfield, MA, who was representing Western New England in Novice Semi-Finals. Lindsay also had a special non-tournament bout later in the tournament where he won a unanimous decision over Jerry Polanco, of Brooklyn, CT.

With these championship wins, Portland Boxing Club athletes have now earned 217 championship wins in the organization's 28 years.

The open class New England champions will advance to the National Golden Gloves Championships in Tulsa, Oklahoma which has been rescheduled to start on August 10, 2020.



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To help protect our members and to do our part to slow the spread of COVID-19, Portland Boxing Club closed on March 16. Following the guidance of state and local officials and USA Boxing, we will remain closed through April 30, at a minimum. We will reevaluate when it gets closer to that date based on the guidance available at that time. This is the first time in Portland Boxing Club's 28 year history when we have had an unscheduled closure of more than one day.

Although the gym is closed, our online store remains open. In addition, we have switched our Saturday Drop In Class to being held virtually (see story and links below) so that new and perspective members can continue to do basic training at home.

The Portland Boxing Club is a 501(c)(3) non-profit organization that does not receive any public funding. Although we are unable to be open, we still must pay rent, heat, electric and many other bills. For those who have not been financially impacted, we encourage you to continue paying your dues. For members with automatic payments, those will be deducted on your scheduled date. If you would like your automatic payment to be refunded until we are able to reopen, please email your request to [pbcboxing@maine.rr.com](mailto:pbcboxing@maine.rr.com).

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Portland Boxing Club's president and head coach Bob Russo (right) with Josniel Castro (left) at the All-Star Boxing show at the Portland Expo on November 9, 2019.

*Photo courtesy Kineo Photography.*

## USA Boxing Coach of the Month

Congratulations to Portland Boxing Club's president and head coach Bob Russo on being named USA Boxing Alumni Association's Coach of the Month! Russo received many entries when the nominations opened.

Just one of many submissions received by USA Boxing Alumni Association for Coach Russo - "Bobby provides a safe and supportive boxing community for people of all ages, races and creeds to feel at home and part of something bigger than themselves. He works tirelessly to train and encourage his boxers and is a skillful and successful coach who has put on over 100 shows in the city of Portland, Maine since 1992. Bobby lives and breathes boxing and considers

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get back on their feet. The club helps people who have experienced hard times to recover and Bobby is the central figure in all of it”

Congratulations to Bob Russo!



### Virtual Drop-In Class

“Virtual” drop-in classes were hosted by three time national Golden Gloves champion Liz Leddy during the gym closure. In these classes, Leddy covered boxing basics that you can work on from home until the gym is able to reopen. The videos are available on Portland Boxing Club's Facebook Page at these links [Saturday, March 21, 2020](#) and [Saturday, March 28, 2020](#).

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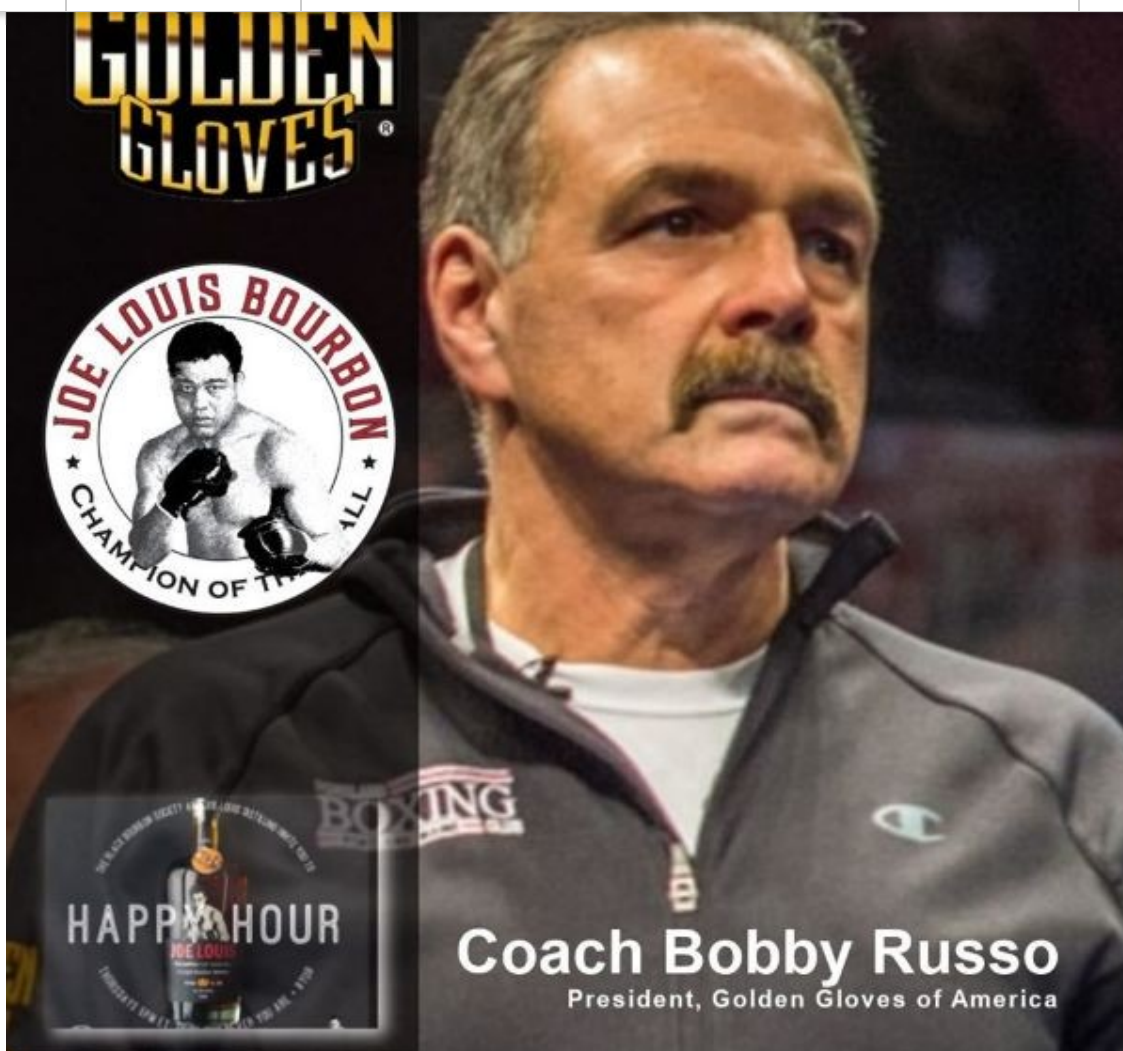
Ralph Hendrix (left), winner of the Portland Boxing Club Getaway Raffle, with Portland Rotary president Amy Chipman, Portland Boxing Club's Liz Leddy, and Durward Ferland at a Portland Rotary Club event on November 22, 2019. *Photo courtesy Portland Rotary Club.*

### Getaway Raffle Winner

Congratulations to Ralph Hendrix, winner of Portland Boxing Club's Getaway Raffle. Hendrix won two roundtrip tickets on jetBlue to anywhere they fly! Deb Maddaluna won the second place prize, a Portland Boxing Club hooded sweatshirt.

The drawing was held on St. Patrick's Day, March 17, 2020 and [shown live on Portland Boxing Club's Facebook page](#). Thank you to all the supporters who purchased tickets and to jetBlue and Captain Phil Spiller for sponsoring this raffle.

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## COVID-19's Impact on the Golden Gloves

Imagine training to compete in regional Golden Gloves tournaments and the National Golden Gloves Tournament of Champions to have them now postponed. Portland Boxing Club's president and head coach, Bobby Russo, who is also the president of Golden Gloves of America was the special guest on Joe Louis Bourbon's weekly online Happy Hour discussing this topic. Listen to the discussion [here](#).

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Portland Boxing Club's Wade Faria sparring on February 8, 2020. *Photo courtesy Kineo Photography.*

### Rule Number One in Boxing

“PROTECT YOURSELF AT ALL TIMES” All of us in boxing understand this rule better than anyone. It should be the foundation of everything we do at Portland Boxing Club and in our personal lives.

Please do not adopt an “I don’t care” philosophy. This is serious and should be treated as such. If we are wrong, nothing is lost. If we are right, this could be disastrous. Don’t be part of the problem, let’s be part of the solution.

Be careful of the information you are receiving from the “geniuses” on social media. Nothing beats common sense and unselfishness. You may not be worried about how this affects you, and you may be right, but think about those that you could infect who might not be as lucky.

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exponentially. While the symptoms and damage could be minimal, this will put an overwhelming strain on our hospitals and pharmacies.

Please, let us be do your part. That said, in light of the COVID-19 pandemic, the Portland Boxing Club remains closed until further notice to help curb the spread of this virus. This is the first extended closure at the Portland Boxing Club in 28 years, but it is for everyone's health and safety.

Portland Boxing Club is doing our part to be socially responsible as best as we can. We strongly encourage you to do the same and take this worldwide health matter seriously.

Don't get caught with your hands down. And remember to wash them often. Together, we can help make a difference.

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Portland Boxing Club assistant coach Steve Rosacha at the All-Star Boxing Event at the Portland Expo on November 9, 2019. *Photo courtesy Kineo Photography.*

**Volunteer of the Month - Steve Rosacha**

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moving to Maine in 2017. He is a USA Boxing Certified Level I Coach and Certified Level I Official and helps our new members with mitts and workouts several evenings per week. During the day, Steve is a Vice President/ Relationship Manager at TD Bank.

Thank you Steve!

Bob Russo, President and Head Coach



Thanks to Comedian Bob Marley for sporting a Portland Boxing Club hat in one of his "Crona Watch 2020" daily videos. Watch the video [here](#).

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Promotional photo for artist Halsey Laiz whose recent music video FREAKEM was shot at the Portland Boxing Club. *Photo courtesy King 5.*

### **FREAKEM Music Video**

Singer/songwriter Halsey Laiz recently recorded scenes for her music video, FREAKEM, at the Portland Boxing Club. This video can be watched on Spotify and all major platforms. A preview of the video can be seen [here](#).

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Portland Boxing Club pro middleweight Russell Lamour, Jr (left) and amateur middleweight Wade Faria (right) sparring. *Photo courtesy Kineo Photography.*

## Conditioning Fundamentals for Boxing and Martial Arts

Before a match, we often compare fighters based on their power and their reach. We tend to break opponents down based on how hard they hit.

What often gets left out of that discussion, because it's hard to quantify, is a fighter's overall level of conditioning. And a fighter's level of physical endurance is often a more critical indicator of success than any other factor.

But it doesn't matter how hard you punch, if you can't last long enough into the fight to land it.

A serious martial arts training regimen begins with developing basic conditioning. Whether you train for boxing, MMA, Muay Thai, Kickboxing, or

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### Why Focus on Conditioning?

First, when we say “conditioning” we generally refer to building endurance or stamina. That is, we improve the body’s ability to exert itself. Our goal in conditioning is to extend the amount of time we can continue to do any activity before we are tired, winded, or completely spent.

Successful fight training requires you to exert yourself for long hours, repeating the same movements over and over again. If you get tired too soon, your form will suffer. And you will start practicing the WRONG moves. Practicing on the bag with your guard down might be worse than not hitting the bag at all.

So you need to build up your endurance if you hope to gain any benefit from your training.

Then comes the goal of all that training: the fight itself. If you ever intend to get in the ring, you need to be able to push yourself, sometimes at close to maximum intensity, every round. Whether you’re training for 3 five-minute rounds, 12 three-minute rounds, or something in between, you better be able to keep going at your best for the duration.

Because when you get tired, you get sloppy. When you get sloppy, you stop protecting your chin, you miss your opponent’s tell, or just don’t move out of the way in time. And then it’s all over, in an instant.

To make sure we have the energy we need for training and competition, we focus on Aerobic training and Anaerobic training.

### Building the Base: Moderate-Intensity Aerobic Conditioning

Contrary to popular belief, Aerobic training does not describe any one type of activity. In fact, it describes the level of intensity one maintains during that activity. Aerobic activity takes place at a moderate intensity, between about 55% and 65% of max exertion.

In easier terms, if you are at a moderate intensity level, you’ll be able to carry on a conversation, but you won’t be able to sing. Just about any activity, if modulated appropriately, can be done at a moderate intensity for Aerobic training.

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in both training and an actual fight. It will allow you to dance around the ring round after round. A strong Aerobic base will also improve your ability to recover during rest periods between rounds.

For Aerobic training, we want activities that we can keep doing, at a moderate level for a long time. The most common Aerobic activity for boxers is running. It's easy to do. Almost everybody has access to a place to run. And it doesn't require any special equipment. Other activities you might try: swimming, cycling, elliptical machine, rowing, and hill climbs.

The actual activity, of course, doesn't really matter. As long as you can hit the right intensity level, you'll be fine.

If you're just getting started you'll have to begin with what seems like a slow pace and build up your ability. With something like running, you may actually have to start at a walk interspersed with periods of running as you build up your Aerobic capacity.

### Learning to Explode: High-Intensity Anaerobic Conditioning

Beyond Aerobic training on the intensity scale, we find Anaerobic training. Anaerobic training is that high-intensity stuff that generally leaves you sucking wind after only a few minutes. When you're training anaerobically, you'll only be able to get a few words out between breaths.

In a fight, each round will include several flurries of explosive, anaerobic activity. For MMA fighters and wrestlers, these moments of Anaerobic activity can last even longer when directly engaged and grappling.

You will need massive amounts of Anaerobic endurance to keep doing these high-intensity flurries, again and again, round after round. Training for high-intensity activity focuses on relatively short bursts (as little as 30 seconds in some cases) repeated between periods of rest or light activity.

Sprints, Jumping Rope, and Stair Runs are some of the most common activities to train this kind of endurance. But, as with Aerobic training, it's less about the actual activity and more about your intensity level. You'll want to go at a high intensity for a few minutes, or even at 100% effort for 30 to 60 seconds, and then allow yourself a minute or so of rest before doing it again. As with strength



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### Mixing it Up: Interval Training

In a match, you will move back and forth between moderate activity and 100% effort multiple times during each round. You'll get a minute to rest and then head back out to do it again. You'll need both explosive Anaerobic energy and steady Aerobic endurance, working together, to last.

To simulate that kind of constant shifting, most fighters engage in some form of interval training. That is, they shift from moderate-intensity to high-intensity and back over a specific period.

What we call "roadwork" is one example of a kind of interval training. True roadwork is more than just logging the miles. Doing this right, you'll mix a number of high-intensity activities in at timed intervals during your long, moderate-intensity run. High-intensity activities can be full out sprints, hill climbs, shadow boxing, burpees, and more.

Jumping rope offers fighters the opportunity to vary intensity simply by changing the speed at which they spin the rope.

A number of fighters turn to High-Intensity Interval Training (HIIT), which we've discussed before, to achieve this goal.

Whatever you choose, make sure that you're effectively mixing your Aerobic and Anaerobic training together. If you do it right, if you do the work, then you might find you outlast your opponents and can take advantage of their mistakes.

*This article is reprinted from the Ringside Boxing Blog located at [blog.ringside.com](http://blog.ringside.com).*

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**Upcoming Events**

**National Golden Gloves**

Kate Zehr and Liz Leddy will be representing New England in the 2020 National Golden Gloves Tournament of Champions in Tulsa, OK starting on August 10, 2020.

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## PBC On-Line Store

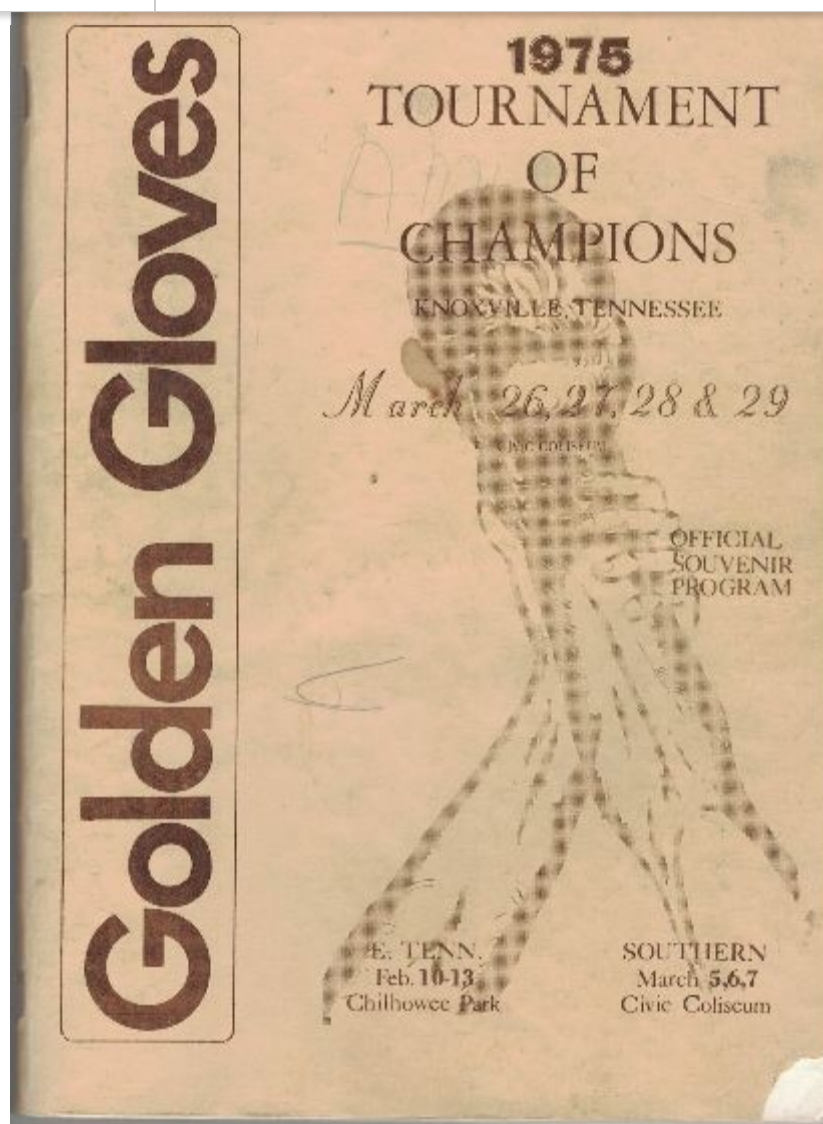
Portland Boxing Club's on-line store has a wide selection of merchandise featuring the Portland Boxing Club logo. These make great gifts for the hard-to-buy-for boxer or boxing fan in your life!

### Gift Certificates

Gift certificates are now available! Gift certificates can be redeemed towards membership initiation, monthly dues and in-club purchases. Not sure what amount to purchase? Consider \$25 for one months' dues, \$50 for a sweatshirt and t-shirt, \$100 for a new member's initiation and second month's dues, \$150 for 6 months' dues or \$300 for one years' dues.

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

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## 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](http://www.portlandboxingclub.org/memorabilia)



### 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 logo, Recognition in Upcoming Souvenir Programs, Recognition in Portland Boxing Club Newsletters and Recognition at Portland Boxing Club Events.

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

### Red Corner Club Members

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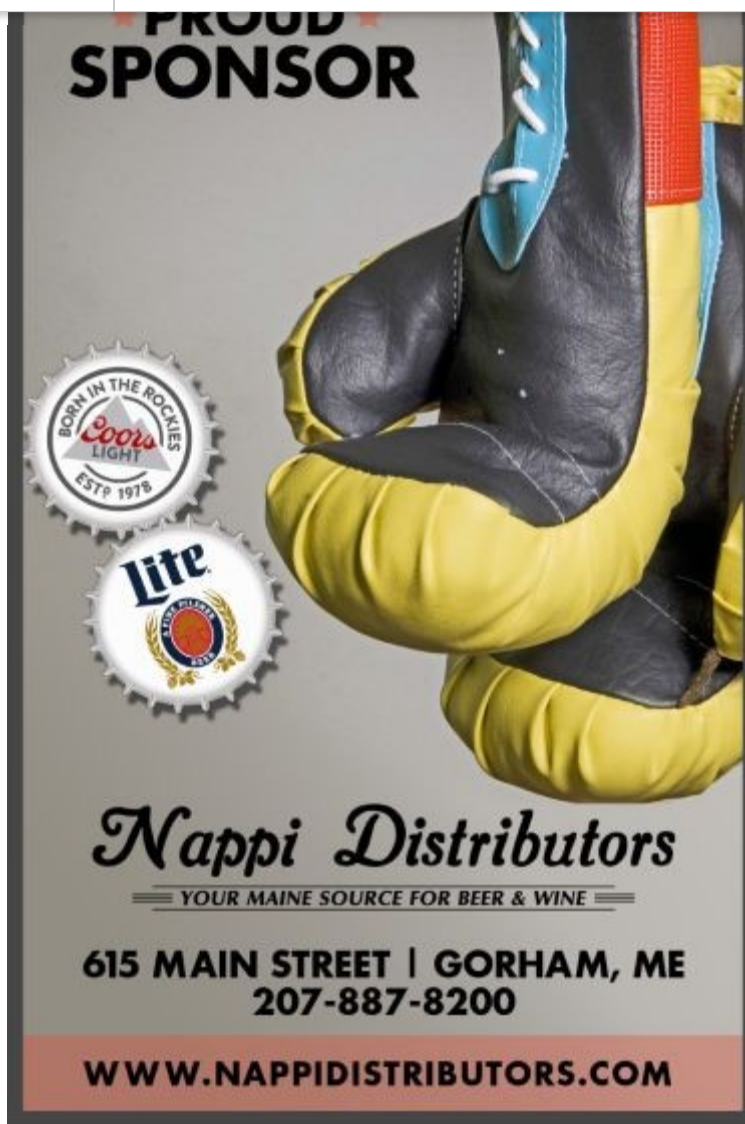
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