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Portland Boxing Club's July 2019 Newsletter.

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



Happy Independence Day from the Portland Boxing Club! We will be closed on Thursday, July 4 and Friday July 5 for the holiday. Have a fun and safe Fourth of July.

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Portland Boxing Club volunteer Jeff Quirk (left) with wife Beth, and sons Eric and Jason (right).

Volunteer of the Month

Jeff Quirk has been volunteering at the Portland Boxing Club for over 15 years. Jeff currently conducts a strength and conditioning class at the Portland Boxing Club every Friday evening. He is on the Board of Directors of the Portland Boxing Club, has made numerous financial donations to the PBC, helps with many building projects at the club, and helps with event set-ups. Jeff is also an assistant football coach at Scarborough High School and has served as a USA Boxing Official. In addition to working full time at Central Maine Power, Jeff is a jack of all trades and is always willing to help the club in any way he can. Jeff and his wife Beth (who also helps us at our boxing events) are the parents of

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Thank you Jeff for your dedication to the Portland Boxing Club!
Bob Russo, President and Head Coach



The Portland Boxing Club van, seen here at the Portland Expo before a show, 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 and beyond. For more information, please contact Bob Russo at pbcboxing@maine.rr.com or 207-415-2872.

Boxing Hall of Fame Parade of Champions

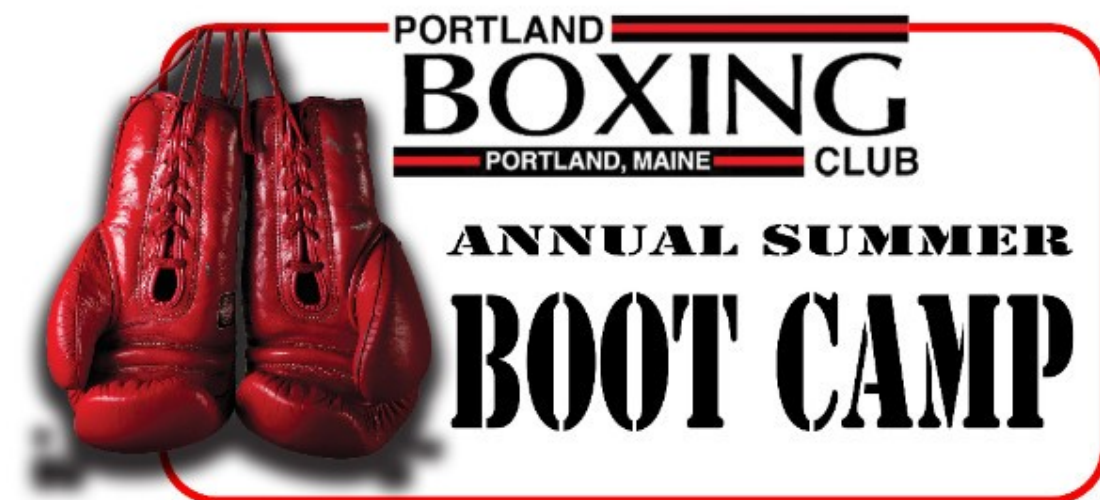
President and Head Coach Bob Russo, driving the Portland Boxing Club van, participated in the Boxing Hall of Fame Parade of Champions on Sunday, June 9, 2019 as part of the Annual Induction Weekend.

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Portland Boxing Club Closed During August

As a reminder, the Portland Boxing Club is closed each year for the month of August to allow our athletes to get some much needed rest and recovery for their bodies and our building to get some much needed repairs and maintenance.

The Annual Summer Boot Camp will take place at the Portland Boxing Club; however, the gym will not be open during regular hours. In addition, the Saturday drop-in class does not occur during August. Portland Boxing Club members are welcome to participate in the Annual Summer Boot Camp at no extra charge. The gym reopens for regular hours on Tuesday September 3, 2019.



Summer Boot Camp

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and Thursday evenings at 6:00 pm and Saturday mornings at 9:00 am starting Saturday August 3, 2019 through Thursday August 29, 2019. The cost is \$100 for 12 sessions. This boot camp is designed for people interested in becoming a member of the Portland Boxing Club or for anyone who just wants to get in shape.

To sign up for the Summer Boot Camp, email pbcboxing@maine.rr.com. Completing the boot camp will allow you to become a member of the Portland Boxing Club. The \$75 membership initiation fee is waived for Summer Boot Camp participants who join Portland Boxing Club in September. For more information on membership, see <https://portlandboxingclub.org/membership/>.



Portland Boxing Club's Kate Zehr (right) at the New England Golden Gloves Novice Class Finals in Lowell, MA on February 21, 2019. *Photo courtesy Kineo Photography.*

How Youth Sports Can Lead to a Better Job Later in Life

As parents, we all like to think we're steering our children toward activities and opportunities that will help them lead happy, productive, and fulfilling lives. We

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no guarantees. There's no formula that ensures success, but there are definitely behaviors, activities, and opportunities that increase the chances your child will become a successful, ethical, and happy adult. According to recent research, participation in youth sports is one them.

A 2014 examined how participation in sports correlated with a person's behaviors and accomplishments later in life. Here are some of their findings:

Hiring Managers Preferentially Hire Student Athletes

Parents often look to youth sports to help their children develop leadership skills, self-confidence, and self-respect. According to the research, managers looking to hire people for entry-level jobs have the expectation former student athletes possess those skills and traits, which gives them a competitive advantage. They even looked at whether this advantage was specifically associated with sports, or whether participation in any organized activity provided the same advantage.

Compared to former band and yearbook members, former student athletes were perceived by managers to have greater leadership skills, self-confidence, and self-respect.

Former Student Athletes Advance Faster

Certain lessons learned through sports help young workers advance in their careers. Youth sports expose kids to organizational leaders (coaches) early on, which research has shown to be an important component of learning leadership skills. Team sports also "reward group-level achievements and appear to facilitate the enforcement of group-serving behavior." In other words, former student athletes are better team players in a career setting, and grow to become leaders who strive for the success of the team.

Former Student Athletes Have Higher Wages at 30 years old

Supporting prior research, a 2010 study showed participation in sports had a positive effect on the amount of education people attained, the likelihood of being employed as an adult, and the wages they earned. The research focused on the effect of Title IX on the success of women in the workforce, and two results of particular note were that 1) Higher wages only correlated with participation in school sports, and not any other extracurricular activities, and 2)

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Former Student Athletes Are More Likely to Give Back

Another component of the study examined philanthropic behaviors of former student athletes 60 years after high school. They found that older men who participated in volunteer work or donated money to charitable causes were more likely to have participated in sports, and particularly, exhibited leadership traits in school sports.

Overall, former student athletes earned more money, advanced to more senior career positions, and were more likely than non-athletes to volunteer and donate money as older adults.

It is important to note, the researchers referenced in this article acknowledged they could only show correlation, and not causation. They couldn't answer whether the people who earned more, advanced further, and were more philanthropic achieved those outcomes because they participated in sport or if the traits that helped them succeed later in life also drew them to participate in sport in the first place.

Either way, participating in sports is a winning proposition!

This article was produced by TrueSport, a movement powered by the experience and values of the U.S. Anti-Doping Agency, champions the positive values and life lessons learned through youth sport.

TrueSport® inspires athletes, coaches, parents, and administrators to change the culture of youth sport through active engagement and thoughtful curriculum based on cornerstone lessons of sportsmanship, character-building, and clean and healthy performance, by creating leaders across communities through sport.

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SATURDAY	JULY 20TH	7PM
SRO (ONLY AVAILABLE ONLINE) \$30	GENERAL SEATING \$45	RINGSIDE SEATING \$60

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TICKETRIVER.COM (SEARCH: SUMMER SLUGFEST)

Upcoming Events

Summer Slugfest

Portland Boxing Club team members will be competing in the Summer Slugfest on Saturday, July 20, 2019 at 7:00 pm at The Rim, 311 Winnacunnet Rd, Hampton, NH. Tickets to this pro-am event are \$30, \$45 and \$60 and can be purchased at www.ticketriver.com (search: Summer Slugfest) or with a credit card over the phone from Brandon Berry at 207-663-4461.

Gettin' Gritty in the City

Portland Boxing Club team members will be competing in Gettin' Gritty in the City on Saturday, August 3, 2019 at the Lewiston Armory at 61 Central Ave in Lewiston, ME.

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Portland Boxing Club at 5:30 pm on Tuesday, September 24, 2019. \$100 donation per person or six people for a \$500 donation. Hors d'oeuvres and drink vouchers are included with your donation. This event is limited to 150 people to allow for effective business networking and giving all attendees the opportunity interact with members of the Portland Boxing Club team. To reserve your spot or for more information, contact Durward Ferland at (207) 615-8049 or durward.ferland@wipfli.com.

All-Star Boxing at the Portland Expo

The Portland Boxing Club will be staging its 105th event in Portland since the club's inception 27 years ago. The event will feature professional and amateur stars from the Portland Boxing Club and across New England. This All-Star Boxing event will be held November 9, 2019 at the Portland Expo, 239 Park Ave, Portland.



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

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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 will photograph them, research their value and offer them for sale to help PBC raise money," states Portland Boxing Club's President and Head Coach Bob 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

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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!

Summer Sale

Summer is finally here! Performance tank tops, normally \$24, are on sale for \$15 while supplies last.

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

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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

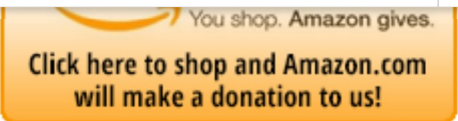
Thank you to the following members for renewing their Red Corner Club membership:

Paul Haley
Mark St. John

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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.

Membership

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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Thank you to our major sponsors:

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