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Portland Boxing Club's June 2020 Newsletter - Volume 5 Issue 6

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# PORTLAND BOXING PORTLAND, MAINE CLUB

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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!

**New Item - [Face Masks](#)**

Protect yourself! Portland Boxing Club face masks are now available for \$12. Washable and reusable face masks. Breathable fabric with raw edges so that it is soft against the skin. Adjustable for two sizes, fits most adults. Made in the USA!

**New Item - [Boxing Gloves](#)**

When Portland Boxing Club reopens, members will be required to use their own gloves to help reduce the spread of COVID-19. We have expanded our selection of boxing gloves that are available to give members affordable options.

**Featured Item - [Hand Wraps](#)**

Portland Boxing Club hand wraps are now available! They are available for \$10 on-line and in the gym.

**Summer Sale - [Tank Tops](#) and [Dry-Fit T-Shirts](#)**

Performance tank tops and dry-fit t-shirts are both on sale for \$15 during the month of June.

**[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 \$30 for one months' dues, \$50 for a sweatshirt and t-shirt, \$105 for a new member's initiation and second month's dues, \$180 for 6 months' dues or \$360 for one years' dues.

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

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# PLEASE READ

Portland Boxing Club is following recommendations from USA Boxing and the Maine CDC.

## COVID-19 REQUIREMENTS

- **Do not enter the gym** if you are not feeling well.
- **Twenty people maximum** in the gym, including members, coaches and staff.
- **Members must sign-in** each day they come to the gym.
- **Staff, visitors and those not actively in a workout should wear a face mask** that covers both your nose and mouth.
- **Social distancing** and stay 6 feet away from each other.
- **If possible, keep entrance door open** during operating hours.
- **No changing room access** (come prepared). Wear your gym clothes to the gym.
- **Members must bring their own water bottles and equipment** including hand wraps, gloves, jump rope.
- **No public use head gear, gloves or hand wraps** will be provided.
- **No sharing of head gear, gloves or hand wraps** between members.
- **Hand sanitizer and cleaning supplies are available** at every station/area.
- **Use hand sanitizer often**, including every time you take off your gloves.
- **Follow the cleaning instructions** before you leave a station and when you get to a new station.

### Reopening Information

According to the Maine CDC reopening guidelines, the Portland Boxing Club is categorized as Stage 2: Fitness and Exercise Gyms. We will reopen when permitted by the Maine CDC, which is currently anticipated to be mid June. Updates on the actual opening date, once determined, will be posted on our Facebook page [www.facebook.com/portlandboxing](http://www.facebook.com/portlandboxing).

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- Tier 1: Return to the Gym
  - Phase 1: Limited Participation
  - Phase 2: Moderate Participation
  - Phase 3: Full Participation
- Tier 2: Return to Single Day Events (Club Shows)
- Tier 3: Return to Multi-Day Events (Tournaments)

Upon reopening, we will be in Tier 1: Return to the Gym/Phase 1: Limited Participation. During this phase, no physical contact, practice with mitts or sparring will occur. Because shared water bottles will not be allowed, Portland Boxing Club will now offer bottled water available for purchase.

Our priority has always been the safety of our members and this is no different. USA Boxing-approved signage has been posted throughout the gym. To help prevent the spread of COVID-19, the Portland Boxing Club has implemented the following new rules based on guidance from USA Boxing and the Maine CDC.

- Do not enter the gym if you are not feeling well.
- Twenty people maximum in the gym, including members, coaches and staff.
- Members must sign-in each day they come to the gym.
- Staff, visitors and those not actively in a workout should wear a face mask that covers both your nose and mouth.
- Social distancing and stay 6 feet away from each other.
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Former flyweight champion Jorge Abiague is getting prepped for his boxing return.

*Photo courtesy Lauro Minaya.*

### **The Virus Diaries: Abiague combats the pandemic with his dreams**

Jorge Abiague Jr. is a Cuban-born boxer residing in Westbrook. In 2008, he became the national Golden Gloves flyweight champion, as a member of the Portland Boxing Club. Up until then, no Mainer had ever held that title in the state's history.

"I turned into the champion because that's what I wanted. The key to this whole thing is, 'How bad do you want it?'," Abiague said.

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for a while. The reason: dedicate more time to his family. Now 40, a father of two young daughters and stepfather to two sons, Abiague is still fighting to reach what is most likely to be his last goal.

“I want to come back to the gym as a pro boxer or as a trainer. The pandemic complicates my plans but I never lose my motivation,” he said.

Abiague lost part of his income as a result of the coronavirus outbreak. The company which he has been working for as a floor technician supervising hospital maintenance, cut his hours in the early days of the crisis.

“This situation is affecting my family financially,” he said. “But thank God I have a second job.”

Monday through Friday, Abiague works as a truck driver for an international charitable organization located in Portland. The coronavirus pandemic has increased his driving time, nevertheless, Abiague recognizes his work is essential to help people through this difficult time. All the goods he transports are destined to meet the needs of the vulnerable population during the COVID-19 public health emergency.

Due to the unpredictable length of the coronavirus outbreak, Abiague’s dream to return to boxing is unclear.

“I need to go back to the gym,” he said. “I don’t want to be out of shape, that could ruin my plans.”

However, his determination for success is very strong.

“While I’m picking up donations in the warehouse, at the same time, I’m boxing in the semi-trailer,” Abiague said. “That’s how I motivate myself to keep thinking positively.”

But he’s 40 and hasn’t fought in four years.

“I know at my age many boxers just give up, but I feel I still can do something,” Abiague says. “No matter what people say. The key to this whole thing is, 'How bad do you want it?'," he repeats to himself, over and over again.

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### 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](#)
- [Saturday, March 28, 2020](#)
- [Saturday, April 4, 2020](#)
- [Saturday, April 11, 2020](#)
- [Saturday, April 18, 2020](#)
- [Saturday, April 25, 2020](#)
- [Saturday, May 2, 2020](#)
- [Saturday, May 9, 2020](#)

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Portland Boxing Club member Liz Leddy (right) upon winning the 2020 New England Golden Gloves Tournament of Champions at the Lowell Memorial Auditorium. *Photo courtesy John Vena.*

### Volunteer of the Month - Liz Leddy

In addition to being a decorated amateur boxer, Liz Leddy is also one of the most active volunteers that we have at the Portland Boxing Club. She is the first person to step up and help out however she can anytime there is a need at the gym. We would particularly like to recognize her efforts in running the Saturday Drop-In Class. She is the first person that many new members interact with at the Portland Boxing Club and leaves them all with a great first impression of our organization. During the COVID-19 gym closure, Liz did not miss a beat. She adapted her Drop-In Class to be live on Facebook and continued teaching new

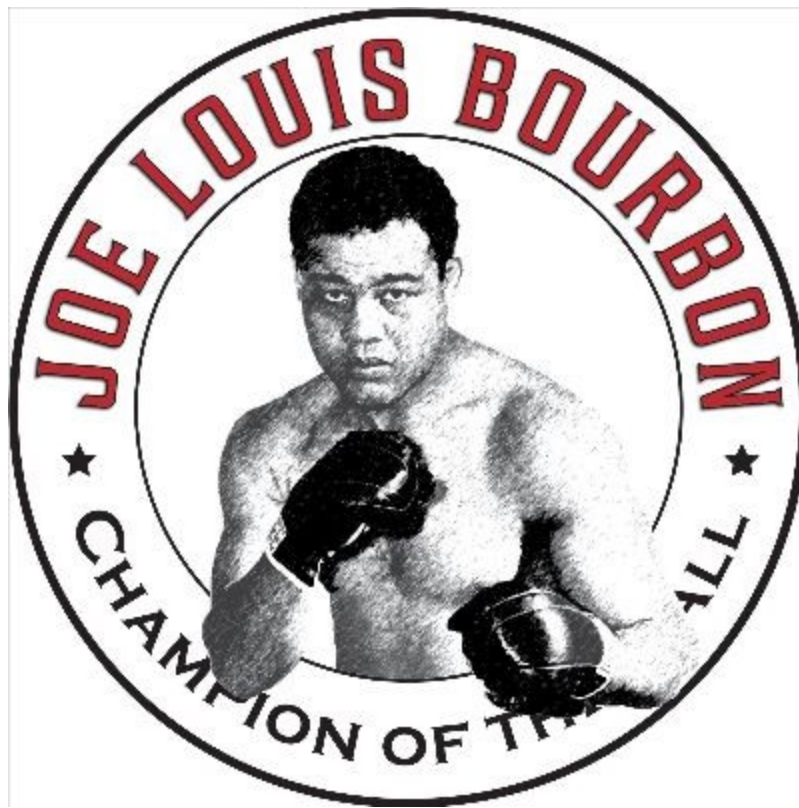


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We appreciate Liz's dedication to training our new and future members during COVID-19 and always. Thank you for all that you do to help the Portland Boxing Club, we are proud to have this three-time National Golden Gloves Champion as part of our team.

Thank you Liz!

Bob Russo, President and Head Coach



### [Bourbon and Boxing - Joe Louis Happy Hour](#)

Peter and Michael talk about what happens now that training gyms remain closed, local, regional and national tournaments cancelled, and the Olympics moved to 2021. 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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### 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 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](http://www.portlandboxingclub.org/memorabilia)

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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](#)

### New Red Corner Club Members

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

Roberta Jackson

Patricia Russo

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### 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](https://smile.amazon.com) and Portland Boxing Club will receive a portion of the

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## PBC On-line Store

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