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Portland Boxing Club's March 2019 Newsletter.

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PORTLAND BOXING PORTLAND, MAINE CLUB

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

25 YEARS



Portland Boxing Club's Mario Wilborn, right, connects with a jab to Andrew Perez, of Methuen, MA, at the New England Golden Gloves Novice Finals. *Photo courtesy Kineo Photography.*

Wilborn Continues Streak to Win New England Golden Gloves Novice Heavyweight Championships

Portland Boxing Club had three amateur boxers representing Northern New

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PBC's novice light welterweight (141 lbs) Nathan Nappi, of Portland, lost a close but unanimous decision to Cesar Collado, of Danbury, CT, who was representing Western New England, in the semi-final round of the tournament. A style clash with the left-handed Collado caused the boxers to be entangled throughout the awkward match that could have gone either way.

PBC's novice heavyweight (201 lbs) Mario Wilborn, of Portland, scored a devastating knock-out at 1:50 into the first round over Dante Rivera, of East Hartford, CT, who was representing Western New England in the semi-final round of the tournament. This was Wilborn's third consecutive win by knock out in the tournament. In the final bout of the tournament, Wilborn won by a hard fought 4-1 majority decision over Andrew Perez, of Methuen, MA, who was representing Central New England. Both boxers exchanged many heavy blows throughout the sea-saw battle coming away with the razor-thin win. Wilborn was voted by judges Outstanding Boxer of the All-New England Novice Tournament of Champions.

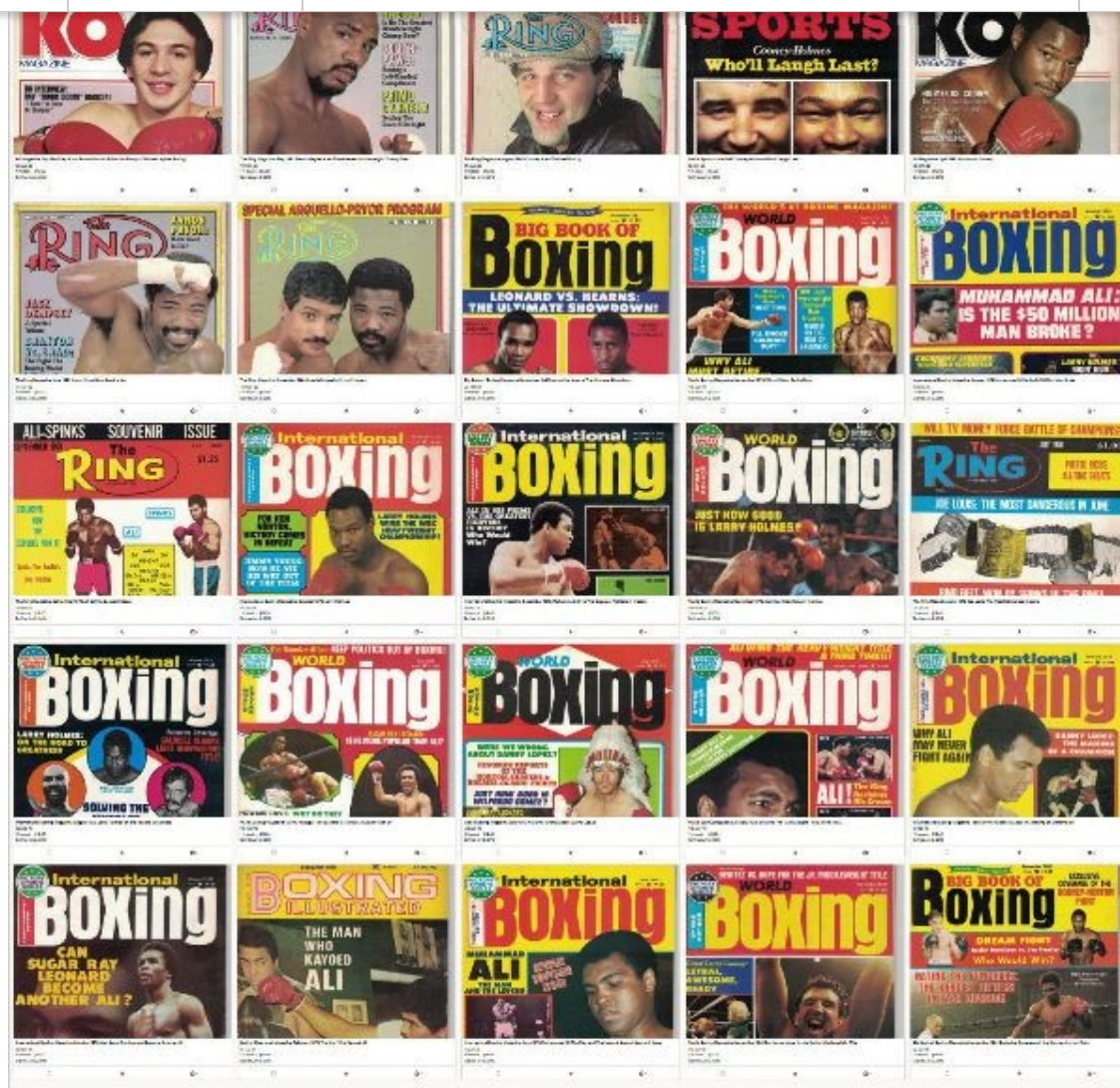
PBC's novice featherweight (125 lbs) Kate Zehr, of South Portland, received a bye in the semi-final round of the tournament. In the final, Zehr lost a 4-1 majority decision to Victoria Davilla, of Stamford, CT, who was representing Western New England. After a slow start in the first round of the bout, chasing the ever-moving Davilla, Zehr made the second round close and clearly won the third round. The crowd expressed their disagreement with the judges' decision.

With Wilborn's win, Portland Boxing Club athletes have now earned 211 championship wins in the organization's 27 years. Open class boxers will compete in the New England open class Tournament of Champions semi-finals on Thursday, February 28 with the winners advancing to the finals on Thursday March 7. The open class New England champions will advance to the National Golden Gloves Championships in Chattanooga, TN in May.

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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 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 we are adding new items on a regular basis," according to PBC president and head coach Bobby Russo. "Several autographed photos will be added soon."

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

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raise money," states 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



How Boxing Can Be Good for Your Mental Health

With 20 years experience, George Veness pitches boxing as part of a holistic wellness routine for literally anyone. Here he tells what boxing has to offer in 2019, and why most people's perceptions of it are misplaced.

Boxing is a test of character and it's been testing the character of its competitors since the days of Ancient Greece in some form or another. In the 21st century, it's become one of the most popular sports of our generation, not just among those who compete, but as an aspect of athletes' workouts across the sporting spectrum.

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championships — it's for anyone looking for a work out that forces focus but simultaneously lets them let go. It's about focusing purely on movement, letting go of habitual thought patterns, sharpening your senses and, ultimately, feeling fit and healthy. As exercise, it's one of the most efficient full body workouts out there, improving your cardiovascular system, helping you develop a lean and sharp physique, whilst also allowing you to abandon your daily stresses and release whatever you have pent up inside you as a consequence of contemporary society.

Yoga, oddly, serves as an interesting point of comparison for the sport: though the movement is obviously very different, it provides release in a different way but towards the same ends. It teaches similar principles of concentration and discipline, so if you're stressed and yoga isn't for you, boxing might actually be a good option.

This is part of the reason that the perception of boxing as a sport that promotes violence is decidedly a misperception. Clearly, from an outside perspective, it looks like two people fighting, but the practice behind that end result has unrivalled benefits for a person's mindset and temperament. It's far more a release of aggression than an encouragement of it, but beyond that, it feeds self-confidence, discipline and can often offer a community, which all play a major role in overcoming life's issues outside of the boxing ring. Boxing gave me all of these things growing up and played a huge part in who I am now.

And now to do away with the myth that boxing is for men: it's not. Everyone can benefit from these aspects of the sport. Obviously. At the end of the day, it's just like every other sport in that sense, anyone can learn the skills, and the benefits that come from it are universal.

Of course in the past boxing has been very focussed on gender, but in contemporary society it's far more inclusive. With 80% of my personal training clients being women, it's becoming clear that it's far more about a type of person rather than a particular gender. This modern world presents everyone with the same issues, making it perhaps more important than ever that we all have access to such a total sense of release.

Like anything else, though, boxing isn't a solo quick fix, it fits into a lifestyle of wellness brought about by consistent good habits, but they don't have to be

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people and doing anything else that helps you maintain a positive mindset. Once you start taking care of yourself and doing the things that you know are good for you, your body responds and rewards you for it. When you find the workouts that you love, whether it's boxing, free weights, running or yoga (those are my top four), you're well on your way to keeping your mind and body genuinely well.

This originally appeared as a blog post by George Veness on the website www.dazeddigital.com. George Veness started boxing when he was six years old after his grandfather took him to Newham Boxing Gym in East London. George five consecutive national titles and was captain of the English boxing team.



Upcoming Events

New England Golden Gloves

Qualifying Portland Boxing Club team members will be competing in the open class finals of the 2019 All-New England Golden Gloves Tournament of Champions at the Lowell Memorial Auditorium in Lowell, MA on March 7 at 7:30 pm. The open class New England champions will advance to the National Golden Gloves Championships in Chattanooga, TN in May.

USA Boxing New England Championships

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 March 9, March 30 and April 6. Winners in the Elite

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Trials. The road to Toyko begins in Southbridge!

2nd Annual PAL St. Paddy's Day Rumble

Portland Boxing Club team members will be competing in the 2nd Annual PAL St. Paddy's Day Rumble on Thursday, March 14 at 6:00 pm at the Nashua Community College gym at 505 Amherst Street in Nashua, NH. General Admission tickets are \$25 presale or \$35 at the door with proceeds benefiting Police Athletic League (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.



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.

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Red Corner Club Members

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

Gerry Zarrilli

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

Alan Freedman



A volunteer glove boy (right) standing alongside Portland Boxing Club's Assistant Coach Ivan Papkee (left) and head coach Bobby Russo (center) at a recent event. Although the coach's polo and team jacket seen here are not for sale - they must be earned by team members, many other accessories, gifts and clothing are available at the Portland Boxing Club on-line store. *Photo courtesy Kineo Photography.*

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-

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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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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 |

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