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Portland Boxing Club's February 2019 Newsletter.

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PORTLAND BOXING PORTLAND, MAINE CLUB

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

A red ribbon graphic with three yellow stars at the top and the text "25 YEARS" in white on a red background.

Portland Boxing Club's light welterweight (141 lbs) Nate Nappi (right) lands a jab to Derek Carlbers at the Northern New England Golden Gloves Finals on January 26, 2019. *Photo courtesy Kineo Photography.*

Portland Boxing Club Sweeps Northern New England Golden Gloves

Three Portland Boxing Club athletes competed in the Northern New England Golden Gloves Championships finals in Somersworth, NH.

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Nappi, a novice class light welterweight (141 lbs) of Portland, won by RSC (technical knock-out) over Michael Navarro, of Kittery at 1:44 into the second round. Nappi advanced to the final round of the tournament, held on Saturday, January 26, to win a unanimous decision over Derek Carlberg, of Nottingham, NH.

Portland Boxing Club's Mario Wilborn, a novice class heavyweight (201 lbs) of Portland, won his semi-final bout by RSC over Richard Covino, of Portsmouth, NH at 1:11 into the first round. In the final bout, Wilborn won by RSC over Tyler Tobin, of Deerfield, NH at 0:15 into the third round.

Portland Boxing Club's Chi Wong, an open class light welterweight (141 lbs) of Portland, advanced to the final round of the tournament by walk-over. In the finals, Wong won by decision over Mehmet Akif Gediksiz of Kittery, ME.

Also at this event, Portland Boxing Club head coach Bobby Russo was awarded the Open Class Coach of the Tournament, which was voted on by the tournament officials. With these Northern New England Golden Gloves Championships wins, Portland Boxing Club athletes have now earned 210 championship wins in the organization's 27 years.

The winners of the Northern New England championships advance to the All-New England Golden Gloves Tournament of Champions at the Lowell Memorial Auditorium in Lowell, MA. Portland Boxing Club athletes advancing by walk over are defending New England Golden Gloves novice class featherweight (125 lbs) champion Kate Zehr, of South Portland, defending New England Golden Gloves open class lightweight (132 lbs) New England champion Liz Leddy of Portland, open class featherweight (123 lbs) Danny Pang of Portland, and open class middleweight (165 lbs) Josniel Castro of Westbrook.

Novice class champions compete in the New England novice class Tournament of Champions semi-finals on Thursday, February 14 with the winners advancing to the finals on Thursday, February 21. Open class champions 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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Portland Boxing Club's Casey (Kramlich) Streeter (left) at the House of Blues in Boston, MA on September 30, 2017. *Photo courtesy Kineo Photography.*

Casey is Back!

Portland Boxing Club's pro super welterweight Casey (Kramlich) Streeter has returned to the gym following a serious work accident on August 1, 2018. The claw of a logging truck ended up around his thigh and crushed his femur, near his patella. Streeter underwent three surgeries and battled a serious infection.

According to head coach Bob Russo, "The fact that he has started physical therapy and is back in the gym doing light workouts less than six months after such a traumatic injury and multiple surgeries is a testament to the incredible physical condition Casey was in before the accident and the amount of will power he has." Russo states that, "Casey has maintained a positive attitude throughout the entire recovery and that is clearly having an impact on how quickly he is recovering."

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Portland Boxing Club assistant coach Ivan Papkee with girlfriend Erin Baker and their daughter Iva.

10 Incredible Benefits of Boxing for Kids

There's a unique new generation of youth that spends most of their everyday lives glued to electronics. There's a huge disconnect between reality and things like social media. Studies show that young people need at least 30 minutes a day dedicated to exercise to promote healthy growth. Although health and fitness are taught in school, what happens when the kids go home?

Typically, parents enjoy putting their children in after school or sports programs to prevent them from getting into any trouble. Other reasons for improving physical health, and teaching self-defense are also popular. Most image this

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put on the gloves and shoes. Here are 10 incredible benefits!

Goals

In boxing, children are taught how to set goals for themselves. Maybe the trainer is pushing them to decrease their running time, or how to increase strength. Even small goals that can be accomplished feel great. Kids love challenges and they are shown exactly how to overcome them in this sport. Progress is recorded and rewarded with recognition. Your child doesn't have to win championships and take home trophies to feel good about achieving a tough goal.

Focus

Boxing is a very physically demanding sport that requires focus. Trainers teach fundamental forms and test their mental strength to the max! This can transition over in the classroom and increase academic success. Fitness along with proper nutrition can be a benefit to help with focus too. After just a few weeks of boxing classes, check to see if there are any grade improvements. Children who are consistently physically active maintain better concentration when given challenges.

Self Defense

Learning fighting punches such as jabs, uppercuts, hooks, and crosses can prepare your child to defend themselves if need be. Boxing takes a deep dive into proper techniques and footwork that increases speed and awareness. Trainers ensure kids understand organized fighting and encourage them to only use their skills outside of the ring to defend.

Respect

You may remember popular boxing moves where the opponents have to shake hands before they fight. This is a traditional way to show respect throughout all organized sporting events. Boxing can teach children how to respect their peers and authority. Trainers also teach self-respect and encourage kids to carry themselves in a positive manner at all times. Maintaining good sportsmanship is taught early and can be a valuable lesson for kids to take with them throughout life's journey. Young boxers will develop an understanding of the importance of winning and losing gracefully.

Builds Confidence

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Simply ensuring a kid that you believe in their ability to be successful can be the exact motivation they need! Winning matches, or coming pretty close to winning against a tough opponent can increase their esteem. Fighting through tough situations builds a strong character and serves as a major boost in confidence.

Social Development

Boxing programs include kids meeting new opponents. Although most kids will fight individually, they will also get a chance to meet friends who are a part of the program. Some leagues travel to tournaments which gives kids an opportunity to explore new places. Boxing leagues usually have teams within the same age groups. Your child will have an opportunity to socialize with many other kids from different backgrounds. This type of exposure can promote healthy social development early. Most importantly, kids will get to experience memorable interactions.

Educational

Trainers are constantly counting and teaching problem-solving. Kids have the chance to learn about health and fitness through boxing. They will appreciate the importance of nutrition, something that will help them increase a better performance in the ring. Proper fitness form is taught that prevents injuries. Young people can carry these tools with them throughout life and even encourage their peers leading by example.

A Positive Outlet

Kids need a positive outlet to feel safe in when they're away from school and home. Signing your child up for boxing can teach physical positivity. Signing up for this sport can be an outlet to release anger. The frustrations brought to class from home can be the makings of a bully's aggression. Boxing facilities can be a place to put on the gloves and relieve stress.

Healthy Heart

Our heart is essentially a muscle. Cardio is a great way to keep it strong! Kids love running and releasing that exciting energy and boxing will surely work up a sweat. If your child is struggling with weight, or just needs to be more active, try boxing! This would be a great exercise considering the average youth boxer burns between 1,500 and 2,000 calories per session.

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requires both mental and physical strength. Kids will experience challenges that are designed to strengthen their characters. They will learn how to follow rules and respect time. Boxing teaches the strict discipline that will change a child's behavior for the better. Gaining better mental focus and learning this valuable lesson is the greatest benefit of all!

This originally appeared as a blog post by Lynne Huysamen on the website kaboutjie.com. Used with permission.



Upcoming Events

New England Golden Gloves

Qualifying Portland Boxing Club team members will be competing in the 2019 New England Golden Gloves Tournament of Champions in Lowell, MA. The Novice-Class semi-finals are February 14 and the finals are February 21. The Open-Class semi-finals are February 28 and finals are March 7.

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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 new members of the Red Corner Club:

Jennifer Beedy

Jaed Coffin

Jennifer Higgins

Sean O'Hare - O'Hare Associates

Al Valenti

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

Vinko and Jelena Buble - Backlog Zero

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Portland Boxing Club's Chi Wong's pet Aspen sporting a PBC bandana. These bandanas, along with many other accessories, gifts and clothing are available at the Portland Boxing Club on-line store.

[PBC On-Line Store](#)

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featuring the Portland Boxing Club logo. These make great gifts for the hard-to-buy-for boxer or boxing fan in your life!

Winter Sale

Winter hats and headbands are on sale for \$10. 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 the link below.

[On-line Store](#)



Long time Portland Boxing Club volunteer Skip Neales who has been a fixture in the Portland boxing scene since the 1960's. *Photo courtesy Patrick Scholz.*

The Coach in the Hat

The sun did not shine. It was too wet to play.
So we sat in the cold gym all that cold, cold, wet day.
I sat there with Liz. We sat there, we two.
And I said, 'How I wish we had something to do!'
Too wet on the floor and too cold on the bag.

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So all we could do was to
sit!

 sit!

 sit!

 sit!

And we did not like it. Not one little bit.

And then something went BUMP! How that bump made us jump!

We looked! Then we saw him step in on the mat!

We looked! And we saw him!

The Coach in the hat! And he said to us both,

'Why the hell you sit there like that?

'I know it is cold and heat is on low. And the sun is not out.

But the Gloves are up next with lots of good beatings about!'

'Your opponent in Lowell is a tough little shit. Come in the office, you'll see.

What choice did we have, we couldn't just sit Coach Skip had that chick on the
DDD.'

Then Liz and I did not know what to say. Coach Russo was out of the gym for
the day.

But Johnny Webster came in he said, 'No! No! Make that Coach go away!

Tell that Coach in the hat you do NOT want to play.

He should not be here. He changes things about.

'Make no changes, not here when Coach Russo is out!'

'Now! Now! Have no fear. Have no fear!' said the one with the hat.

'My tricks are not bad,' said the Coach in the hat.

Why, take it to the body, take it to the liver, don't be the receiver,

rather, be the giver! I do NOT like the way that they play! if Coach Russo could
see this,

oh, what would he say!'

'Have no fear!' said the Coach.

'Set 'em with the seven. Drop 'em with a two.

Weaken the body, scramble the brains! Make 'em run to high lands!

But whatever you do, and never forget never leave it in the Judge's Hands!'

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I can hold up TWO shoes! I can hold up the mitts!

'Look at the crap the kids left in the ring! Am I the only one who puts stuff away?

I am retiring, no more, No more from me!

Look at me! Look at me! Look at me NOW!

'Where the hell is Mario, Russell and Chi?' Said the one with the hat.

'Do they not know how valuable I can be? I have so much to share.

What the heck did I kick? Is that a shoe or a glove? I hope it's a pair.'

'Where are my angels? Here's Liz, what about Kate?

Where's Julie, Where's Lindsay? I have all these secrets, but I don't have all day.'

'Did the sky open up and drip down on my hat? Oh dear what to do, what to do about that?

Get me a bucket, right after I pee, who will ever take over, take over for me?'

'Why is that down? Who left that all bare? Did Marty not get to that over there?

Give me a hammer or any old tool I've got that handled I'm still old school'

Then we saw him pick up all the things that were down.

He picked up the gloves, and the wraps, and the shoes, and the mitts, and even the leftover tools, and the ladder, and the chains, and the bags, and the bungees, and he put them away.

Then he said, 'That is that.'

And then he was gone with a tip of his hat.

Then Coach Russo came in and he said to us two,

'Did you have any fun? Tell me, what did you do?'

And Liz and I did not know what to say.

Should we tell him the things that went on there that day?

Should we tell him about it? Now, what SHOULD we do?

Well . . . what would YOU do if the Coach asked YOU?

Hal Pierce is a long time member of the Portland Boxing Club and the

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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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 PORTLAND, MAINE
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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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