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Portland Boxing Club's February 2020 Newsletter - Volume 5
Issue 2

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Portland Boxing Club's Wade Faria (left) at the Northern New England Golden Gloves Championships in Somersworth, NH on January 25, 2020.

Portland Boxing Club Boxers Win Two Championships at Northern New England Golden Gloves

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

PBC's Wade Faria, a novice class middleweight (165 lbs) of South Portland, won a very competitive bout by unanimous decision over southpaw Travis Campbell, of Manchester, NH. Faria scored a standing 8-count in the third round to get the win on all the judges' scorecards.

PBC's Jordan Lindsay, a novice class super heavyweight (201+ lbs) of Windham, won RSC (technical knock-out) over James Ploof, of Cornwall, VT.

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at 58 seconds into the second round.

With these Northern New England Golden Gloves Championships wins, Portland Boxing Club athletes have now earned 214 championship wins in the organization's 28 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 former two time novice class featherweight (125 lbs) champion Kate Zehr, of South Portland, who is now competing in the open class, and defending open class lightweight (132 lbs) New England champion Liz Leddy of Portland.

Novice class champions compete in the New England novice class Tournament of Champions semi-finals on Thursday, February 13 with the winners advancing to the finals on Thursday, February 20. Open class champions will compete in the New England open class Tournament of Champions semi-finals on Thursday, February 27 with the winners advancing to the finals on Thursday March 5. The open class New England champions will advance to the National Golden Gloves Championships in Tulsa, Oklahoma beginning on May 4, 2020.

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Portland Boxing Club's novice Jordan Lindsay (left) and assistant coach Ivan Papkee (right) at the Central New England Golden Gloves in Lowell, MA on January 30, 2020.

[Jordan Lindsay Scores Second RSC in One Week](#)

PBC's Jordan Lindsay, a novice class super heavyweight (201+ lbs) of Windham, made short work of Joseph Peters, of Merrimack, NH, in a special non-tournament bout at the Central New England Golden Gloves in Lowell, MA on January 30, 2020. Lindsay out-gunned the opponent in trouble immediately scoring a standing 8 count within the first 20 seconds. Peters was given a second standing 8 count before the referee mercilessly stopped the fight at 1:58 in the first round.

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Greg Finley and Michael Hamilton discuss the first day of filming at the Portland Boxing Club. *Photo courtesy @summer_someday Instagram page.*

"Summer Someday" Movie Being Shot at the Portland Boxing Club

Maine natives actor Greg Finley and cinematographer Edwin Stevens returned to Maine to film a new movie. "Summer Someday" focuses on a former boxer, played by Finley, dealing with his past, crime and corruption and was shot at the Portland Boxing Club along with other Portland-area locations.

Making a movie in his home state has always been a career goal for Finley. He started writing the script for what would become "Summer Someday" in 2006, a couple of years after he left Maine for Hollywood at 19-years-old.

"I've just always wanted to make this movie, and make it here," said Finley, 35. "I've told everyone involved with this film from Los Angeles they won't believe

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Portland. He said the filmmakers hope the film will play festivals and then become more widely available, either via streaming or some pay-per-view service.



Lisa Kuronya Coombs (right) with teammate Liz Leddy (left) and head coach Bob Russo (center) in this 2007 photo.

Lisa Kuronya Coombs Named Maine Sports Hall of Fame Inductee

The Maine Sports Hall of Fame will induct nine members its 45th induction ceremony Sept. 20 at Merrill Auditorium in Portland, including Portland Boxing Club board member and former competitor Lisa Kuronya Coombs.

Lisa Kuronya Coombs took up boxing for exercise. Soon, her goal was to compete in 10 matches. Now, she has a world championship and five national titles, as well as numerous regional and state crowns. Coombs' greatest contribution to sport may have come in front of a different kind of judge. In 2007, she and the Portland Boxing Club filed suit against USA Boxing, alleging discrimination against women at the national level. USA Boxing settled the suit and agreed to provide expenses and accommodations for women that are equal to men at national events.

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Jean Russo has volunteered since the first days of the Portland Boxing Club.

Volunteer of the Month - Jean Russo

The Portland Boxing Club would like to recognize Jean Russo for her support since the very first day 28 years ago. Jean has done every task imaginable over the years, from running the concessions, tickets, lights and music at our early shows (yes, she did all those things at once!) to selling advertisements and preparing the programs for our shows at the Expo to being an excellent host for the Club's special guests. Jean cares for each and every one of our boxers which is especially evident at our annual Christmas Party, one of her favorite events of the year.

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business, Harbor City Realty, has been one of our most generous sponsors.

Jean is a big part of why the Portland Boxing Club feels like a family. All the members of the Portland Boxing Club truly appreciate Jean caring for us for nearly three decades.

Thank you Jean!

Bob Russo, President and Head Coach

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WWW.PORTLANDBOXINGCLUB.ORG/RAFFLE

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THANK YOU TO JETBLUE AND CAPTAIN PHIL SPILLER FOR SPONSORING THIS RAFFLE.
Proceeds benefit the Portland Boxing Club a 501(c)(3) non-profit organization

Getaway Raffle

The Portland Boxing Club is having a Getaway Raffle. The winner will be awarded two roundtrip tickets on jetBlue to anywhere they fly! The drawing will

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Portland Boxing Club's Facebook page.

Tickets are One for \$10, Six for \$50, or Thirteen for \$100. Tickets will be available at the All-Star Boxing event, at the Portland Boxing Club, from the boxers and on-line at www.portlandboxingclub.org/raffle.

Thank you to jetBlue and Captain Phil Spiller for sponsoring this raffle.



Portland Boxing Club's Jordan Lindsay (left) at the Northern New England Golden Gloves Championships in Somersworth, NH on January 25, 2020.

[Why Kids Who Do Combat Sports at a Young Age are Better Prepared](#)

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Children partaking in combat sports has been a hot debate for a long time now due to the aggressive nature involved. Many parents believe combat sports such as boxing, Jiu-Jitsu, kickboxing, and karate promote violence and lead to a violent temperament.

Combat sports, boxing, in particular, has been plagued over many years by medical controversy, in particular, head/brain injuries. It's important to remember while spectating, that these fighters are trained to not get hit. The goal of getting in the ring with another boxer is not to get punched in the face, but rather to dodge those blows defensively and prevent the opponent from gaining points.

Unfortunately, not all fights happen in the ring, and at some point, your child will find him/herself in a disadvantageous situation. Truth is these sports have many health benefits for kids and teenagers of all ages. In a recent study done at the Transilvania University of Brasov, "Findings suggest, engaging in boxing activity does not directly reduce violent inclinations, but it does so indirectly. This is due to the fact that individuals involved, compared to other sports athletes, exhibit a lower stress predisposition, which relates to two factors of aggressiveness: wrath/anger and enmity."

Stress release is just one of the many benefits of combat sports. No matter which way you slice it, physical activity will always trump video games when it comes to keeping healthy at any age. Physical activity helps release stress that growing kids take on from school, growing/changing bodies, and social lives. Let's be honest, contemporary society is technology-focused and it can be hard to peel your child away from their cell phone. All of that attention they are giving to a screen can't be healthy. In sports, such as Jiu-Jitsu, kids are boosting their social skills by grappling with other kids while simultaneously increasing their focus.

Gaining self-confidence is yet another characteristic children take on as a result of participating in combat sports. As grown-ups, we all know the trials and tribulations of being a kid and growing up. Peer pressure and falling in with the "wrong crowd" is just one of the many obstacles children face today. Fitting in is dangerous nowadays from the opioid epidemic to street gangs. Combat sports gives children something to work toward. Not only do they help to keep kids off

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about it. But they teach kids to keep going, persevere, and never give up.

In addition, kids will learn to eat better as they're surrounded by people that have the same goals as them, wake up earlier and take initiative to get to bed on time and get rest, do their homework in order to make training, and realize their potential.

In a world full of threats it's important kids know self-defense. If nothing else, this is the most important point in kids being active in combat sports in case they are ever in the wrong place at the wrong time.

It's easy to close your eyes and imagine how you will handle yourself if ever put in a bad situation. Truth be told: it's a lot different when it actually happens. Muscle memory and reflex is something that everyone gains from experience training. After a while, you won't need to think much about countering because your body will do it for you.

If a child that trains in combat sports is ever put in a bad situation, no matter how emotionally shocked they are, the time they spent training will have their back. The lessons children learn in combat sports will stay with them for a lifetime. As adults, they will find that the lessons learned in combat can be applied to any and all situations they encounter in life.

This article by Olivia Ojeda first appeared on KultureHub.com on September 18, 2018.

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Upcoming Events

New England Golden Gloves

Qualifying Portland Boxing Club team members will be competing in the 2020 New England Golden Gloves Tournament of Champions in Lowell, MA. The Novice-Class semi-finals are February 13 and the finals are February 20. The Open-Class semi-finals are February 27 and finals are March 5. The open-class winners will represent New England at the National Golden Gloves Tournament of Champions May 3 - 9, 2020 in Tulsa, Oklahoma. For more information, visit www.lowellgoldengloves.com.

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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!

New Item

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

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.

Attention Rocky Marciano fans - new item posted! Framed poster in excellent condition from 1952 Rocky Marciano boxing exhibition at the Portland Expo. This is a unique piece of history as this event turned out to be controversial when it was discovered that Marciano substituted his brother for his advertised sparring partner.

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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



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](#)

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

Rudy DiPietro

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

Jennifer Beedy

Wendy Flynn

Sean O'Hare



**PORTLAND
BOXING
PORTLAND, MAINE CLUB**

Starting January 1

 **NEW
DUES**

→→→ ❖ ❖ ❖ ←←←

Monthly dues are changing. For members who pay each month in the gym, dues will be \$30 monthly.

For members enrolled in automatic monthly payments via credit card, dues will continue to be \$25 monthly.

Members can enroll in automatic monthly payments on-line at www.portlandboxingclub.org/membership or complete a form at the gym.

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Monthly dues are changing effective January 1, 2020. For members who prefer to pay they dues each month in the gym, dues are changing to \$30 monthly. For members who are enrolled in automatic monthly payments via credit card, dues will continue to be \$25 monthly.

Members can self-enroll in automatic monthly payments on-line by clicking here: [Recurring Membership Payments](#). Note, Enter 1 for the number of monthly dues and check the box "I want to contribute this amount every month." Members can also enroll in automatic monthly payments by completing this form and returning it to the gym: [Membership Auto-Payment Form](#).

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](#)



BOXING
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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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