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Portland Boxing Club's January 2020 Newsletter - Volume 5 Issue

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BOXING CLUB
PORTLAND, MAINE
1992 - MAKING CHAMPIONS & GOOD CITIZENS FOR 27 YEARS - 2019

RAFFLE TICKETS
\$10
EACH

GETAWAY RAFFLE
**WIN TWO ROUND TRIP TICKETS
VALID ANYWHERE JETBLUE FLIES**

Winner will be awarded two roundtrip tickets on jetBlue!
Drawing will be held on St. Patrick's Day - March 17, 2020 at 6:00 pm
at the Portland Boxing Club. Visitors are welcome at the drawing which
will also be shown live on Portland Boxing Club's Facebook page.

TICKETS ARE AVAILABLE AT THE GYM, FROM THE BOXERS AND ON-LINE AT
WWW.PORTLANDBOXINGCLUB.ORG/RAFFLE

ONE FOR \$10, SIX FOR \$50, OR THIRTEEN FOR \$100

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.

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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.

Membership Dues

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.

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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](#).



A full house enjoying Portland Boxing Club's annual Christmas Party on December 14, 2019.

PBC Annual Christmas Party

Portland Boxing Club had a full house at its annual Christmas Party at the Ocean Star Banquet Room at Bruno's Restaurant on Saturday, December 14, 2019. The annual event is open to all members and their families. Young members and children of members are treated with gifts and everyone enjoys an Italian lunch buffet. Games, karaoke and the occasional snowball fight have been known to happen at this fun event.

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Dr. William Dexter has supported the Portland Boxing Club for over 20 years.

Volunteers of the Month - Dr. William Dexter and Team

The Portland Boxing Club would like to recognize Dr. William Dexter and the Maine Medical Sports Medicine staff for their support for over 20 years. Dr. Dexter and his team have volunteered at countless events and have conducted the pro boxer weigh-in physicals and the annual amateur boxer physicals. They have also given us medical advice when needed and support in any type of medical need our athletes may have. We truly appreciate the dedication that Dr. Dexter and his staff have shown us for over two decades.

Thank you Dr. Dexter and the Maine Medical Sports Medicine staff!
Bob Russo, President and Head Coach

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Portland Boxing Club Assistant Coach Ivan Papkee with his daughter Iva.

Congratulations PBC Assistant Coach Ivan Papkee

Long-time Portland Boxing Club member Assistant Coach Ivan Papkee is a licensed residential electrician and has completed his education allowing him to become a master electrician. After sitting for the master electrician exam, Ivan will be licensed to work in the commercial field as well. Ivan owns [First Choice Electric](#), Servicing Southern Maine and Casco Bay. Contact him at 207-975-6374 for your electrical needs.

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Portland Boxing Club professional boxers Russell Lamour (left) and Josniel Castro (right) sparring.

Become a Better Boxer through Gratitude

Giving thanks and practicing gratitude come naturally on Thanksgiving. These ideas are baked into the holiday's identity. But we don't have to limit our practice of gratitude to just one day a year. We can engage in gratitude as a part of our daily lives, all year long. When we do, we gain more than we give.

For boxers and other athletes, learning to incorporate appreciation can do more than just give us a positive outlook in life. Regularly recognizing our own success and the role others play in it can actually improve performance in the ring.

What is Gratitude?

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core, the concept of gratitude is very simple. Gratitude begins when you recognize the gains or wins you've experienced, especially when they are not obvious. Once you've taken that step, you need to then acknowledge the role that someone else played in creating that gain.

So gratitude consists of two related concepts. First, we have to see our wins, no matter how small. These wins don't have to have come in the form of official competitive wins. We aren't talking about record. Did you show up to training every day for the last week? Good for you! Did you step into the sparring ring for the first time? Count it!

Second, we have to acknowledge the role that others played in that win. Did a training partner motivate you to get to the gym every day? Did the hours of the gym change making it easier to work training into your schedule? Maybe someone gave you a ride.

Whoever or whatever helped you along your path, recognize that role. Understand that someone else played a role in your accomplishment. And then thank them for it, even it's just a quiet thanks for the nice weather that encouraged you to get outside for a run.

How Will Gratitude Improve your Boxing?

Currently, in the fitness and self-improvement world, the notion of gratitude has become quite popular. But will it actually have an impact on your boxing performance? According to both scientific study and the stories of successful athletes, the answer is yes.

Athletes who regularly practice gratitude bounce back more quickly from injuries and other setbacks. Because a gratitude practice helps athletes better balance all of the demands on their time, they tend to take better care of their health. When nutrition and stress are properly managed, athletes become, overall, more resilient.

Regularly acknowledging one's accomplishments leads to greater self-esteem. Because a practice of gratitude leads us to compare to our past selves, instead of some external ideal (or someone else's victories), we end up liking ourselves more. A regular practice of gratitude will also help an athlete value their accomplishments, instead of constantly stressing about how much remains to

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measurable improvements to one's physical health. Gratitude practice is associated with a drop in inflammatory markers, lower blood pressure, and improved sleep quality.

Improving any of these will have a direct impact on your performance in the gym or in the ring. It will foster a greater sense of community amongst you and your peers and coaches at the gym. And it will allow you to achieve greater, than taking a more self-critical approach might.

Ways to Practice Gratitude

Knowing that gratitude is valuable, how do you put it to work? It can be hard to express gratitude for the things we experience as a part of our daily lives (like a parent's support, a spouse's cooking or cleaning, or a training partner who always shows up). In order to make gratitude a part of your daily life, you have to focus on the practice of gratitude and do it on a regular basis. Just like building strength or learning a combination, you must practice it over and over again. Incorporate it into your routine alongside your morning run and your good nutrition habits.

To help you begin your gratitude journey, here are four ways that you can begin practicing gratitude right now.

1. Start a gratitude journal. It sounds silly, but a gratitude journal really does help you become better at expressing thanks. The goal would be to list three to five things, at least once a week, that you feel grateful for. Make sure to acknowledge the people and things that helped you along the way.

2. Do something thoughtful for a friend or family member. Think of something that they would appreciate. Leave them a note that acknowledges, in a specific way, how they have been helpful to you.

3. Reach out to someone who has helped you in the past. Think about a coach that helped you when you first started out. Maybe there's a friend you haven't spoken to in a while. What about the person from the gym who held the mitts for you last week? Write this person a letter expressing your appreciation for their help. And then give the letter to that person.

4. Thank someone immediately after a success. When you have a win,

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work. Tell them thank you. Thank the coach who helped you nail the combination you were struggling with. And it doesn't have to be one person. If two or three people come to mind, thank them all.

However you choose to express your gratitude, plan to make it a part of your regular routine. If physical training and proper nutrition form two legs of a fighter's successful development, then mental health forms the third. A regular gratitude practice can be the basis for strong mental health. Tie it directly into your development plan, and treat it with the same respect as you would your time on the heavy bag.

This article by Sean Cunningham of Combat Brands first appeared at blog.ringside.com.

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 SEMIFINALS: THURSDAY JANUARY 30
 FINALS: THURSDAY FEBRUARY 6

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 FINALS: THURSDAY FEBRUARY 20

NEW ENGLAND OPEN-CLASS CHAMPIONSHIPS
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Upcoming Events

Northern New England Golden Gloves

Portland Boxing Club team members will be participating in the Northern New England Golden Gloves on January 18 and 25, 2020 at 6:30 pm with the winners advancing to the New England Golden Gloves in Lowell, Massachusetts. The Northern New England Golden Gloves will be held at the Tri-City Christian Academy, 12 Rocky Hill Road, Somersworth, New Hampshire. For more information visit www.jassboxing.org.

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.

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Tournament of Champions May 3 - 9, 2020 in Tulsa, Oklahoma. For more information, visit www.lowellgoldengloves.com.



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:

Tom Lee

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

Lisa Coombs

Mark St. John

Automatic Payments of PBC Dues

Did you know that gym members can automatically pay their monthly Portland Boxing Club dues with a credit or debit card? If you would like to pay your dues with a credit or debit card, forms are available in the gym or at

www.portlandboxingclub.org/forms.

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

PORTLAND BOXING CLUB // PO BOX 644 // 33 ALLEN AVE // PORTLAND, ME 04104
WWW.PORTLANDBOXINGCLUB.ORG // ONLINE STORE: WWW.PORTLANDBOXINGCLUB.ORG/STORE

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Thank you to 207 Taxi for being a major sponsor of the 2019 All-Star Boxing event at the Portland Expo.

PBC On-line Store

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