Letter from Leadership

Every day I have the privilege of talking with many USA Boxing members and quite often staff hear me exclaim, “Members of USA Boxing never cease to amaze me!” Member selflessness and generosity coupled with tenacity and determination operate over 2,200 boxing clubs that serve over 26,000 boxers every day. THANK YOU!

Thank you for caring about the sport of Olympic-style boxing, for the young people wanting to learn and grow as athletes and citizens in your gyms and boxing programs. Thank you for taking the time to hone your coaching, officiating, and mentoring skills often with no tangible reward for your experience and passion. It goes without saying that non-athletes in boxing have passed along essential life skills... perseverance, commitment, and self-confidence.

The past two years were very challenging on every level, yet boxing has survived and is now making a great comeback. **2022 Club membership has already exceeded the number of clubs registered through December 2019 (the most recent “normal” year).** Current year athlete and non-athlete memberships are nearly equal to 2019 totals. Your commitment to ensure boxing continues to be a relevant, competitive sport is the fuel that makes our success a sure thing.

Forever Grateful to USA Boxing Members,

Lynette Smith
USA Boxing Director of Membership

INTERNATIONAL UPDATE

USA Boxing leadership is making a difference at the international level with the main focus being to keep boxing in the Olympics. Mike McAtee, USA Boxing Executive Director, and the leaders of many other countries have been working together to ensure proper governance and fairness in the international ring.

The American Boxing Confederation (AMBC) held an election in Panama City, Panama on April 29, 2022 and Tyson Lee, USA Boxing Chairperson of the Board, was elected to the AMBC Board of Directors and as the confederation’s Vice President. The International Boxing Association (IBA) elections were held in Istanbul, Turkey on May 14, 2022 and Elise Seignolle, USA Boxing Foundation Trustee and Metro LBC Athlete Representative was elected to the IBA board and selected as the IBA Treasurer.

**USA Boxing 2022 National Championships**

Lubbock, Texas • December 3 - 10
Membership Services AT YOUR SERVICE
As always, your Membership Department Squad is standing by to assist you with questions, membership issues or other situations that may arise. Please contact us via email at membership@usaboxing.org or call 719-866-2323.

General questions, National event registration and SafeSport training assistance are handled by all membership staff. To help you reach the staff member that can best help with your more specific questions, please see the list of areas and who specializes in each.

Contact Claudia Douglas for help with:
Background Screening Appeals
Medical Claims
Restriction Affidavits
Doctor Registration and new Doctor Welcome Packets
LBC Supply Orders
LBC Director Updates
Legacy Pins

Contact Andrew Banuet for help with:
Officials Clinics/OCN #’s/Patches
Club Insurance Certificates
Missing MatchTracker Results
Spanish Language Help

Contact Rhona Brown for help with:
Birthdate and Annual Physical Verifications
Assists with Doctor Registration and Welcome Packets
Assists with LBC Supply Orders

Contact Lynette Smith for help with:
SafeSport Reports
Grievances
Supervises Membership Staff

While not technically in the Membership Dept., Ethan Figge takes care of Sanctions and Sanction Insurance Certificates, and Liana Tobin handles Coaching Education and Clinics.

LBC Admin Heroes
USA Boxing National Events began the process of online verification of Boxers’ birthdates and annual athlete physicals in 2018. These verifications have ramped up with many regional events, and LBCs and boxing clubs now requiring the online upload and verification of documents before being allowed to participate in event sanctions.

Today there are over 30,000 birthdate and athlete physical verifications in WebPoint, USA Boxing’s online membership database! Having these filed online and printed on Member ID cards makes our check-in and weigh-in process at events more efficient and helps ensure our compliance to the rules and requirements for membership and competition.

These certificates are analyzed and approved or not approved by USA Boxing office staff, national tournament admin staff and volunteer LBC administrators. There are a few LBC Admins that go well above and beyond their typical call of duty and have earned “hero status” for the amount of work that they have put in for the members of USA Boxing.

Nearly half of all verifications have been done by volunteers from the grassroots! These help our members expedite their registrations and participation while making our events run more smoothly.

But the workload is too high for only a few to complete. WE NEED YOUR STANDOUT ADMINISTRATORS!! Please forward names of members who have the time and aptitude to contribute to this important task to Lynette Smith at lsmith@usaboxing.org.

Thank you to our Admin Heroes

Bill Wells
South Texas
Robyn Jumawan
Hawaii
Scott Dexter
USIBA
Thank you to the USA Boxing Foundation for awarding over $262,000 in grants to USA Boxing. These funds enable us to provide events, programs and supplies that we wouldn't have been able to do otherwise. The Foundation met in April in Charlotte, NC and welcomed two new Foundation Board Members, Ike Belk and Todd Wadler. USA Boxing is very appreciative of the Foundation's support!

### Grants from the Foundation

<table>
<thead>
<tr>
<th>Grants</th>
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<tbody>
<tr>
<td>2022 International Tournament</td>
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<tr>
<td>2022 Sarge Johnson Scholarship Program</td>
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<tr>
<td>Oxygen Tanks for the LBCs</td>
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<tr>
<td>Adaptive Boxing Initiative</td>
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<tr>
<td>Grassroots Gym Grants</td>
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<tr>
<td>Electronic Scoring System</td>
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<tr>
<td>R&amp;J Video Training Scoring System</td>
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<tr>
<td>Learning Management System Platform</td>
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<tr>
<td>Grassroots Communications Promotions</td>
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</tbody>
</table>

Total = $262,292

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USA Boxing is seeking two new independent board of directors to serve on the National Board of Directors.

These directors must NOT be a member of USA Boxing or have an affiliation to any clubs.

We are looking for individuals who are qualified in business, marketing, finance, non-profit organizations, and management to apply.

If you know someone who meets the above qualifications and is NOT associated with USA Boxing, have them reach out to Stacy at sarredondo@usaboxing.org for an application by June 30.

---

USA Boxing is proud of our boxers who succeed both inside and out of the ring!

---

**Grants4Gyms**

Watch social media and emails this summer for information on how your gym can apply for a grant to help offset membership fees, equipment costs etc. Grants will be awarded in October.

---

Click Here to Donate


To date, $6,900 has been raised!
2022 USA Boxing National Qualifier
Cleveland, Ohio
April 23 - 30, 2022
By the Numbers

- 6 Days of Competition
- 10 Sessions
- 4 Boxing Rings
- 881 Boxers Registered
- 17% Female
- 692 Coaches Registered
- 105 Officials Registered
- 694 Boxers Competed
- 575 Bouts Contested
- 115 Champions Crowned
- 52 Elite Boxers Qualified for Nationals

USA Boxing Members came from all over the country to compete in Cleveland. We thank you for your dedication!

USA Boxing appreciates the hard work of our Events Team (some of who were only on staff just prior to the Cleveland event.) Pictured L to R: Holden Eckhout, Megan Schuller, Jacob Hammond, Mike Campbell, Ethan Figge, Kassie Manguilli, and Mike McAtee.
Congratulations to our National Qualifier Champions

Elite Male
Demitrius Lewis
Francis Stewart
William Luther
Khalil Osaze
Noah Timoteo
Alex Holley
Amir Anderson
James Knox
Delbert Taylor
Adonis Alcime
Aden Jacks
Luis Alvarado

Elite Female
Lina Vezzani-Katano
Jiayan Hu
Jiayan Hu
Yoseline Perez
Ja'leecia Dominguez
Jaime Beatty
Christine Forkins
Brooke Mullen
Kendra Samargis
Xavier Meza

Youth Male
Terry Washington
Ryan Williams
Phillip Vella
Cornellio Phipps
Justin Viloria
Cristec Bazaldua
Benjamin Johnson
Marco Romero
Ethan Smith
Patrick O'Connor
Ali Monaghan
Giovanni Perkins-Cornicelli
Marques Hampton

Youth Female
Jennifer Aguilar
Jocelyn Camarillo
Sa'rai Brown-El
Perla Bazaldua
Rikki Griffith
Randi Griffith
Lindsey Ellis
Genesis Garcia
Talia Halvorsen

Junior Male
Ryan Slagle
Lorenzo Juanito Patricio
Saul Gamino
Ramon Ordonez
Salim Ellis-Bey
Thomas Covington
Jerimiah Munoz
Carmel Moton
Kaipo Gallegos
Juan Rivera
Joshua Franco
Marcell Steele
Malachi Ross
Elijah Lugo
Martin Gutierrez
Demario Johnson

Junior Female
Selia Landa
Paulena Miles
Nataly Zempoaltecatl
Journey Figueroa
Jayshannet Zapata
Yazmin Rosales
Leslie Chavez
Shamiracle Hardaway
Nevaeh Williams
Cynthia Laffoon
Zamila Kelley
Greetings USA Boxing members! While the pandemic impacted our ability to meet in person for USA Boxing Alumni Association gatherings, I’m pleased to announce that we have resumed Alumni Association activities and look forward to celebrating more frequently. We are as committed as ever to furthering our mission of championing a lifelong, mutually beneficial relationship between USA Boxing and its alumni. Simply put, the program is stronger when our esteemed alumni are involved and impacting the lives of today’s champions.

The Alumni Association kicked off April’s Cleveland National Qualifier with a Northeast Ohio celebration banquet. We packed 300 people into the Crowne Plaza ballroom and celebrated those who shaped our sport in one of the most successful regions in the country. Two-time welterweight champion and Cleveland native "Showtime" Shawn Porter made his entrance known as Master of Ceremonies by grooving to the sounds of Dazz Band (played by DJ Smoov) and entertaining the crowd all night long. Local legends Kelly Pavlik, Raynell Williams, Boom Boom Mancini, and Charles Conwell reflected on their experiences and expressed their appreciation for the town that shaped them. The lineage of Northeast Ohio amateur boxing was traced through the seven Lifetime Achievement Awards granted that night to Forrest Caldwell, Leslie Washington, Gene Glen, Doug Patterson, Renard Safo, Joe Gentile, and Johnny Duncan. It was an evening to remember, and as our Events and Operations Manager Mike Campbell put it, "it felt like getting an invite to the Cleveland family dinner."

The Clinicians had a contest to see who could teach the most “Mini-Clinics” and the top presenters were:

1st Place - Bernard Bruni from Middle Atlantic with 20 clinics (213 Boxers and 73 Coaches attended)
2nd Place - Edward Garcia from South Texas with 13 clinics (211 Boxers and 45 Coaches attended)
3rd Place - Alex Leon from Gulf with 8 clinics (187 Boxers and 21 Coaches attended)

Another contest is set for May–December and there are a lot of opportunities to attend a clinic in your area this year!

Alumni Update
From Chris Cugliari, USA Boxing Alumni Executive Advisor

Thank you to all the officials who VOLUNTEER their time so our boxers can box!

Pictured to the right are the officials from the Cleveland Qualifier.

Officials along with coaches attend trainings to better understand the rules. We thank the Official Clinicians who presented over 74 “Mini Clinics” between March 1–April 30.

Another contest is set for May–December and there are a lot of opportunities to attend a clinic in your area this year!
WHERE IN THE WORLD IS THE HIGH PERFORMANCE TEAM?

The last few months have seen USA Boxing traveling to Ecuador, Italy and Turkey for international competitions, training camps and a rescheduled Women’s Elite World Championships.

Team USA brought home 13 medals (6 gold, 3 silver, 4 bronze) at the 2022 AMBC Elite Championships in Ecuador, which was one of their strongest performances at the Continental Championships in the history of USA Boxing to kick off the international year.

There was not much time to rest following those championships, as members of both the men’s and women’s elite teams traveled to Italy for a multinational camp before the women competed at the 2022 Elite Women’s World Championships in Istanbul, Turkey.

The busy year will continue, as our newly named Youth High Performance Team will head to their own Continental Championships in August to prepare for the Youth World Championships later this year! While our elite teams will begin training for the first ever USA Boxing International Invitational that is scheduled to take place in Colorado this September.

Adaptive Boxing

USA Boxing recently started working with a contractor, All In Sport Consulting to assist in the development and implementation of an adapted boxing program that will focus on engaging individuals with disabilities.

Adaptive Boxing is an initiative outlined in USAB’s 2018 - 2024 Strategic Plan. We are thrilled to get momentum behind this important initiative and making USAB and the sport of boxing inclusive.

Please let us know if you or a family member have had any experiences with adapted boxing— we want to learn from you as we develop USAB’s adapted program. Stay tuned for regular updates regarding progress on this exciting initiative.

The High Performance Team Welcomes Our New Sponsor, Nike!

Congratulations to Rashida Ellis for making Team USA history as the first female lightweight champion ever at the Women’s Worlds Championship.
Coaching Education

USA Boxing’s Coaching Education Clinics are in full swing around the country, and we hope our coaches look into taking full advantage of these upcoming opportunities to grow their coaching knowledge.

Below is a list of available clinics or go to https://bit.ly/USABCoachEd to register for one today. All clinics are bronze certifications unless stated otherwise.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Clinic Details</th>
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<tbody>
<tr>
<td>June 29-30</td>
<td>Las Vegas, Nevada</td>
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<tr>
<td>July 9-10</td>
<td>Wichita, Kansas (Bronze &amp; Silver)</td>
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</tr>
<tr>
<td>July 11-14</td>
<td>Wichita, Kansas (Silver)</td>
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<tr>
<td>August 6-7</td>
<td>Manteca, California</td>
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<tr>
<td>August 6-7</td>
<td>Pikeville, Tennessee</td>
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<tr>
<td>August 25-26</td>
<td>North Platte, Nebraska</td>
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<tr>
<td>September 3-4</td>
<td>Houston, Texas</td>
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<tr>
<td>September 10-11</td>
<td>Austin, Texas (All Women’s Clinic)</td>
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<tr>
<td>September 24-25</td>
<td>Thomaston, Connecticut</td>
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<tr>
<td>December 3-4</td>
<td>Lubbock, Texas</td>
<td></td>
</tr>
<tr>
<td>December 5-8</td>
<td>Lubbock, Texas (Silver)</td>
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</tbody>
</table>

If you are hoping to bring a bronze clinic to your area, please contact Liana Tobin at ltobin@usaboxing.org.

Also, be on the lookout for more updates on upcoming coaching education projects in the future.

Foam Rolling Recover Tips

from Maddie Kalke, MS, LAT, ATC, CES, USA Boxing National Team Athletic Trainer

Becoming a better boxer involves more than just practice and competition. Taking care of your body outside of boxing is crucial in keeping you in the ring. One of the best ways to prepare your body for boxing activities and to prevent injury is foam rolling. When combined with dynamic stretching and an active warm-up, foam rolling may increase tissue elasticity, range of motion, muscle contraction and blood flow, helping you move better during your workout and protect you from injury.

USA Boxing looks to Hyperice for their high-quality soft tissue release devices. The Hyperice Vyper, a vibrating foam roller, is great to prime your body and get your muscles activated. The Hyperice Hypersphere, a vibrating ball, pinpoints specific areas of tension to release pressure. (See page 10 for a discount code for Hyperice products.)

How to Foam Roll: Slowly roll over sore muscles until the most tender spot is found. Once that spot is located, hold your position until the targeted area is relaxed, and discomfort is reduced (30-90 seconds). Experiment with body positioning and utilizing other extremities to alter the amount of pressure applied to the affected area. Areas with myofascial restrictions will be more painful to work on. As soft tissue restrictions break down with subsequent sessions, foam rolling will become less painful.

Top Areas a Boxer Should SMR: Pecs, Latissimus, Quads, Calves, Dorsi Thoracic Spine, Piriformis/GLutes, and Tensor Fascia Latae (TFL)

Note: Foam-rolling is not appropriate for all individuals, including but not limited to those with congestive heart failure, kidney failure, and or any organ failure, bleeding disorders, or contagious skin conditions. If you have any questions or concerns, consult with a medical professional before attempting.

Hydration for Boxers
From Taylor Maggio, MS, RD, CSSD
USA Boxing National Team Sports Dietitian

Why is hydration so important for a boxer?
Hydration is essential for all levels of boxing. Starting training in a hydrated state allows the boxer to regulate their body temperature and cool efficiently while avoiding unnecessary elevation in heart rate. Being hydrated allows a boxer to recover quicker between bouts, between multiple training sessions in a day, and between day-to-day training. Hydrated boxers can reduce their chances of developing cramps which can cause the boxer to miss key training sessions. Hydration plays a key role in mental function, decision making, reaction time, speed and agility, concentration, and motor control which are all important to a boxer’s health, safety, and performance. Performance can be negatively impacted by as little as 2 to 3% body weight loss from sweat (e.g. 3-4 lb. for 150 lb. boxer).

When are fluid needs higher for a boxer?
- Heat (heated gyms, outdoor summer training)
- Humidity (avoid sauna suits and heavy layers)
- High intensity training (sprints, sparring)
- Altitude (The Colorado Olympic Training Center is a high-altitude training center, so drink up!)

Signs & symptoms of dehydration:
- Changes in waking body weight (lower than usual)
- Getting tired early during training
- Delayed recovery
- Headaches
- Nausea, vomiting, dizziness
- Dark urine color
- Trouble paying attention during training
- Reports of low energy
- Muscle cramps
- Thirst
- Loss of coordination, slowed reaction time

Water or sports drink?
Water is essential to life and boxing performance. Water is the best fluid to consume throughout the day including during practice and at meals. If training is greater than 60-90 minutes, a sports drink may help replenish fluids and electrolytes lost in sweat and provide a quick energy source to sustain performance, especially important for long duration, intense sessions. Make sure to have fluids available at practice so you can sip on them between bouts.

How can coaches help?
As a coach you are a role model for the athlete. Educate athletes on the importance of drinking water and coming to practice hydrated. Carry a water bottle with you to show the athletes you are hydrating as well. Make sure boxers are bringing water bottles to practice. Never disallow an athlete from taking a break to hit the water fountain if they ask! If you are working an athlete’s corner during practice, have a squeeze water bottle ready to give the boxer in between rounds. If you noticed a boxer has any of the above signs of dehydration, allow them to take a break and seek medical support from a trainer. Lastly, remind athletes to hydrate post-training!

For more information, check out teamusa.org/nutrition and TrueSport.com! And watch for more advice from Taylor, our very own Dietician, in future newsletters and on social media.

So Exciting! Our 2020 Olympians visited the White House in April, and Duke Ragan was able to convince a certain someone to take a selfie on his phone!
Special Thanks to Our Sponsors!

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