Letter from Leadership

As we head into the third quarter of 2022, there is much to be excited about within USA Boxing. For the first time in 15 years, USA Boxing successfully hosted an elite international competition on home soil in Pueblo, Colorado, where the team won 5 Gold, 3 Silver, and 10 bronze medals.

To finish off the year, USA Boxing will place a high emphasis on its pipeline development, starting with the organization’s first High Performance Junior Regional Training Camps, which will take place in Chula Vista, California. Following these regional camps, the Youth High Performance Team will travel to Alicante, Spain to take on the world’s best at the 2022 Youth World Championships November 14-26, 2022.

Looking ahead towards 2023, it is critical for our membership to pay close attention to the High Performance Team Selection Procedures, which are posted on usaboxing.org. These procedures detail a step by step process for boxers to earn their place on USA Boxing’s 2023 High Performance Teams. All roads to earning a place on our teams run through the USA Boxing National Championships, which will take place December 3-10, 2022 in Lubbock, Texas.

USA Boxing expects qualification guidelines for the 2023 Pan American Games and the 2024 Paris Olympic Games to be announced by the IOC in the coming weeks, and will be sure to communicate them to membership.

Matt Johnson
High Performance Director
Early Registration Begins November 1

It's hard to think about summer coming to an end...for many of us it feels like fall is still months away...and the warm temperatures confirm that feeling.

USA Boxing's early registration begins on November 1, 2022. Boxers, coaches, officials and clubs may join on this date and their membership will begin immediately but not expire until December 31, 2023. It's also the date when current members and clubs may begin renewal for the 2023 membership year. It is a good idea to process your membership renewal early as this ensures that background screenings are completed before events start taking place early in the new year.

Early Club renewal is also important to make sure your club insurance does not lapse as 2022 memberships expire on December 31, 2022. Another benefit of renewing your club early is so your boxers are able to select your club as the club they represent which is then included on their membership card. Good news for renewing clubs, USA Boxing will again offer a 10% discount for clubs renewing their membership between November 1 and December 31, 2022.

Fitness membership funds are also available for club membership renewals. Clubs that registered fitness members this year may have noticed they did not receive a check for the $5 per member allotted for each member. This year we have kept record of the # of fitness members for each club and that amount will be available as a credit when you renew the club for 2023. We will remind you again as November nears but wanted to get this important information to you now!

The Membership Department has a few staffing changes to relay. Andrew Banuet is transitioning to handle various projects from all departments; he will continue to answer some membership phone calls and emails (especially in Spanish) but will no longer handle Official Clinic Requests, transmittals and loading of official tests. These duties have been taken on by Rhona Brown. Rhona just celebrated one year with USA Boxing and has steadily increased her responsibilities. She is the new contact for questions about Officials Certification to include clinic requests.

Membership recently welcomed a new team member, Heidi O'Connell, who joined us on September 12th as a Membership Services Representative. She brings a wealth of experience in customer service and most recently spent many years working in the school system. As Heidi begins talking with many of you on the phone, please give her a warm welcome.

GRANTS4GYMS

The USA Boxing Foundation’s Grants 4 Gyms application is now online at https://forms.office.com/r/jQZvPe2bFr

These grants, which were first awarded in 2020 to ease the burden of the COVID-19 pandemic, will once again be awarded to 50 USA Boxing registered gyms/clubs that are making an impact on the lives of USA Boxing members.

Those awarded a grant will receive:

- Complimentary Gym Membership for 2023
- Complimentary Sanction Fee for a 2023 sanction (not a 3rd party)
- Complimentary Coach Membership for 2023
- USA Boxing equipment for the gym
- Mouthguards from Impact Custom Mouthguards
- USA Boxing apparel for gym members

USA Boxing registered gyms/clubs that are interested in applying for a grant must meet the following qualifications/requirements to be considered:

- Current USA Boxing Club Member and held membership for 3 of the last 5 years.
- A minimum of 5 actively registered athletes with USA Boxing.
- Operate in a non-residential establishment (no home gyms).

The application will remain open until September 30. Grant winners will be notified in October, and will have their membership renewed by the USA Boxing Membership Services staff in November.
Although Pat Butler, current LBC Director and Treasurer is seeking re-election for a second term, USA Boxing is holding a call for candidates for the LBC Director board position which will take office in January. Any individual who meets the qualifications set forth in Section 6.4 of the USA Boxing Bylaws is eligible to run for the LBC Director position. If interested, please watch for the forthcoming call for candidates email with application information.

Additional board positions will also be seated including: 2 Athlete Directors, an Affiliated (Group) Member Director; an International Federation Director, and 3 Independent Directors. These board positions will also be seated following the selection procedures in the bylaws.

It is the desire of USA Boxing to have Directors who demonstrate a high level of experience, capability, success, and leadership in Board oversight responsibilities in one or more of the following areas: business, finance, marketing, fundraising, ethics, audit, management, communications, sports and sports performance.

**Congratulations to Delbert Taylor** who won his Elite Male weight class at the National Qualifier in Cleveland, Ohio and afterwards asked USA Boxing staff to write him a letter of recommendation for the **Air Force World Class Athlete Program (WCAP)** program, to which he has been accepted!

The WCAP program develops Department of the Air Force athletes and prepares them to successfully qualify for Team USA and compete on the world stage at the Olympic Games.

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

- **Eric Gonzalez**
  Southern Methodist University

- **Ricardo Crespo Regalado**
  University Of North Carolina Chapel Hill

- **Challen Jimenez**
  Friends University

- **Orion Flores**
  Washington State University - Tri-Cities

- **Aaron Lopez**
  Pasco-Hernando State College

- **John Laughlin**
  University Of Cincinnati

- **Santiago Franco**
  University Of Portland

- **Omari Jones**
  Valencia College

- **Jethro Llamido**
  California State University - Long Beach

- **Sarah Garrison**
  University of Pennsylvania

- **Marcos Saucedo, Jr.**
  Grand Rapids Community College

- **Karlos Lizarraga**
  Wichita Technical Institute - Tulsa

- **Roy Fields**
  Lonestar College

**Thank You to the USA Boxing Foundation for funding the scholarship program!**

![Image of scholarship winners receiving their awards](image-url)
2022 USA Boxing National Junior Olympics & Summer Festival
July 9th-16th in Wichita, KS
By the Numbers
7 Days of Competition with 11 Sessions
4 Boxing Rings
1167 Boxers Registered
   20% Female
841 Coaches Registered
120 Officials Registered
924 Boxers Competed
772 Bouts Contested (24 walkovers)
135 Champions Crowned
51 Elite Boxers Qualified for Nationals

One of the highlights of the Junior Olympics was the Pro-Am Event featuring Nico Hernandez.
All boxers and coaches in the JO tournament were able to attend for free!

Again, USA Boxing Members came from all over the country to compete at JO’s & the Summer Festival.
We thank you for your dedication!
USA Boxing’s Adaptive Boxing Program finally kicked off this summer! With help from Dawna Callahan at All In Sport Consulting, USA Boxing has been working hard to start providing opportunities in adaptive boxing.

On August 6th, the Wounded Warrior Project brought 8 Warriors to our gym at the US Olympic & Paralympic Training Center in Colorado Springs, CO.

Coaches Billy Walsh, Jose Polanco, and Chad Wigle went through some boxing basics and warm-ups followed by work-outs on the heavy bags.

Overall, everything went very well and USA Boxing looks forward to expanding the adaptive boxing program and partnership with Wounded Warriors in the future. Plans include coaches and officials’ trainings and eventually adaptive bouts during competitions.

Wounded Warrior Project Trains at the USOPTC
What Is Precision Medicine, and Why Should Athletes Care About It?

Performance on the biggest stage boils down to fractions for success. A one-size fits all approach does not separate yourself from the competition. When it comes to increasing health and athletic performance, a precision approach to improve outcomes in every phase of preparation, is a necessity to give you that edge. Instead of generic advice and rushed doctor’s appointments, people — athletes especially — need to lean on customized health and performance plans that are based more on their specific demands, strengths, genetics, and medical history.

The solution is called precision medicine, and if you haven’t heard of it yet, you will. Here’s what precision medicine means, how it’s related to genomics, and why it could become the future of healthcare.

What Is Precision Medicine? Precision medicine, sometimes referred to as personalized medicine, is a new approach to athletic optimization that recognizes the differences among individuals — from genetics to lifestyle, blood testing, environment, and medical history — and takes that information into account when treating the athlete. Because it’s focused on the individual, precision medicine allows doctors to predict risk factors for injury and performance anchors more accurately. It’s also a helpful perspective when weighing prevention or treatment options. An older athlete with a different technical style, strengths, limitations, and tactical intelligence is going to have much different strategy than a young athlete. The demands of boxing require a very specific approach with special considerations compared to a non-combat or weight restricted sport. Lastly, every athlete has a unique genetic signature that responds differently to stress and adaptation, which has to be unlocked and accounted for.

How Are Genomics Relevant? Let’s back up a little bit first. Remember learning about DNA in sixth-grade science? DNA is the chemical compound that makes up a living organism, and it consists of two twisting, paired strands, also known as the double helix. Your complete set of DNA is called your genome, which you can think of as your own personal user’s manual. It contains all of the information about how you operate, what diet is optimal, what deficiencies you’re predisposed to, what genetic mutations you have, and so much more. Accordingly, genomics is the study of all of a person’s genes, including how those genes interact with each other and with the person’s environment. Within precision medicine, genomics is one of the many variables that doctors take into account when mapping out your optimal performance plan.

Why Should Olympic Athletes Care? Precision medicine can be seen as a solution to an old approach to health, where the focus is on disease treatment in an unhealthy population and generalized advice. (Because let’s be honest, Olympic athletes certainly aren’t average on the health spectrum.) Most people are tired of slapping BandAids on major issues, or waiting until an injury or major problem pops up to see their doctor. Personalized medicine takes a prevention-first approach, so you’re prepared in the event that you do face an injury or get sick. Through comprehensive testing and in-depth questionnaires, doctors are able to focus on the root causes of injury, rather than simply treating symptoms. And as an athlete, you’ve probably realized that what works for the general, sedentary American population health-wise doesn’t (and shouldn’t) work for you. These days, you can order custom mattresses by taking a quiz online or buy a pair of shoes using 3D fitting. That’s how this works. Using things like bloodwork, genetic biomarkers, and even wearable data (which most athletes already wear), precision medicine makes personalized diet, sleep, and exercise recommendations possible. Plus, with Wild Health — USA Boxing’s official healthcare partner — your personal healthcare team (including a physician and a health coach) will give you customized recommendations and follow up to make sure that they work for you. With the power of a team behind you, you’re able to make real progress towards your health goals.

With information specific to your body, you’re able to set health and performance goals based on how you envision your life. Want to make sure you upgrade performance and stay injury-free this season? Need an expert opinion on that pesky knee pain that’s stopping you from reaching your full potential out on the course? Wild Health has you covered. To learn more, visit wildhealth.com and get a kickstart on your health with code USABOXING for an exclusive 20% off.
Immune Function for the Boxer

Nutrition Advice from Taylor Maggio MS, RD, CSSD
USA Boxing National Team Sports Dietitian

The immune system is made up of a network of cells, tissues and organs that work together to protect the body and fight off infectious diseases. The immune system also plays an important role in the recovery and healing process from training. When the immune system is compromised or is less active than normal, there is a higher vulnerability for infective illnesses and decreased recovery.

Boxers should take extra caution during times of:
- Frequent or extended travel
- Environmental stress (altitude, climate)
- Exposure to pathogens from other sick people or contaminants in food
- Weight loss to make weight for competition
- Dehydration
- Poor sleep
- High intensity training

Boost your immune system with these foods:

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Benefit</th>
<th>Daily Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus Fruits</td>
<td>Rich in vitamin C and aid in white blood cell production to help fight infections</td>
<td>1/2 - 2 cups</td>
</tr>
<tr>
<td>Garlic</td>
<td>Contains calcium, potassium and sulfuric compounds which protect against bacteria and infection</td>
<td>1-2 cloves (1-2 tsp. minced)</td>
</tr>
<tr>
<td>Ginger</td>
<td>Provides antioxidant, antimicrobial and anti-inflammatory properties</td>
<td>1.5-3 tsp. fresh ginger, 1/4-1/2 tsp. ground ginger</td>
</tr>
<tr>
<td>Spinach, Kale, Swiss Chard, Arugula, Beets</td>
<td>Rich in antioxidants and nitrates which help protect cells and guard against inflammation</td>
<td>1-3 cups raw veggies, 1/2 - 1 cup cooked veggies</td>
</tr>
<tr>
<td>Green Tea</td>
<td>Rich in flavonoids and contains L-theanine which protects against bacteria</td>
<td>2-3 cups</td>
</tr>
<tr>
<td>Greek Yogurt, Kefir</td>
<td>Helps protect against travelers’ diarrhea and upper respiratory tract infection</td>
<td>1 cup Greek yogurt, 1 cup Kefir</td>
</tr>
</tbody>
</table>

Other tips to protect your immune system:
- Increase consumption of immune boosting foods especially prior to travel
- Consider an NSF probiotic such as Thorne Flora Sport and consume more probiotic rich foods (Greek yogurt, kefir, kombucha, miso, and kimchi)
- Be diligent about hand washing and sanitizing
- Stay adequately hydrated
- Get enough sleep (7-9 hours per night)
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