

# The Neutral Corner

Quarterly Newsletter of USA Boxing  
May 2023



## Letter from Leadership

Spring is always busy around the USA Boxing national office. With the planning of 3 summer national events and 324 local sanctions; our High Performance team competing around Europe; and membership calls at an all-time high, Spring 2023 is no different. Plus with participation at Miami's Air & Sea Show and grant implementation, **USA Boxing staff are working hard for you, our members.**

This is not to mention the "opportunities" that we have had internationally. **A new International Federation, World Boxing has been formed with the goal to keep boxing in the Olympics.** And in case you missed the announcement, **USA Boxing has terminated our membership with the International Boxing Association (IBA).** Click this link <http://go.teamusa.org/412WA1X> for the details of the termination.

In addition to the wonderful staff, I would like to thank our Board of Directors, Foundation Trustees, the USOPC and the IOC for supporting USA Boxing and the other countries who are trying to "Keep the Boxing Olympic Dream Alive."

In Your Corner,  
**Mike McAtee**, Executive Director

**3 EVENTS  
1 SUMMER!**

**REGISTER TODAY  
FOR ONE OF THIS SUMMER'S  
USA BOXING TOURNAMENTS!**

**Junior Olympics & Summer Festival · June 3-10 · Lubbock, TX**  
Register at <http://go.teamusa.org/415rZB9>

**Women's Championship · July 23-29 · Toledo, OH**  
Register at <http://go.teamusa.org/3Ldn8c2>

**September 9-16**  
Last Chance Qualifier · Pueblo, CO

**December 2-9**  
National Championships & Olympic Trials  
Lafayette, LA

# Membership Services, Inc

**New + Retention  
= Growth!**

The Membership Department receives thousands of calls and emails each month...they cover a wide variety of topics which are not limited to, but definitely include; questions, needs, requests for help and sometimes, even complaints. Membership Staff take each of these communications in stride, providing the responses necessary for our members to join, get certified, appeal a background screening outcome, get help with a sanction, get rules clarifications and sometimes, get input on filing a grievance.

We are grateful to have 56 Local Boxing Committees across the U.S. taking care of 2,700 clubs and 50,000 member boxers, coaches, officials, doctors, and volunteers. Many, many of these LBCs are very well run, care about their members and the boxing programs in their areas. I would encourage members to take a moment to thank their LBC leadership for all the work they do, all the time they give to help the organization run efficiently and well.

As you may know, elections for LBC leaders across the country will take place later this year. Elections are an opportunity to evaluate how your LBC program is running, how the leadership communicates with LBC members, what goals, changes or improvements you would like to see within your Local Boxing Committee. You may also want to reflect on your own participation in the LBC and see if the time has come for you to run for elected office. New ideas and energy can add a lot to any organization so consider if you or someone else you know might be a good candidate to run for LBC leadership. Every member of USA Boxing knows the value of amateur boxing, good LBC leadership can greatly increase that value.



**SO COOL!!!** Coach Delilah Matos from the Illinois LBC taught different female age groups how to box in Ethiopia.

## Need money for college or trade school?

Trade School

University

Thanks to the USA Boxing Foundation, **SCHOLARSHIPS** will be offered again this year for boxers who are attending college or a trade school.

Answer these two questions and follow the link to apply:

- ◆ Are you a USA Boxing athlete member with 2 bouts in 2023 and in 2022?
- ◆ Do you have a college/trade school transcript?

Click at <https://forms.office.com/r/LyHpfvXAXs> to see if you qualify and fill out the application.

Keep in mind the deadline is **June 1st!**



## Physician Symposium September 10-11 Colorado Springs, CO

In conjunction with the Last Chance Qualifier, USA Boxing will be holding **training for our Ringside Doctors**. CME credits will be offered. Watch for more information in the upcoming weeks. USA Boxing thanks the Foundation for awarding a grant to help offset costs for this training.





# 2023 USA Boxing National Qualifier Detroit, Michigan March 18-25 By the Numbers

6 days of competition  
10 sessions in 4 boxing rings  
925 Boxers registered  
709 Coaches registered  
123 Officials registered including 8 from Germany  
Participants from 46 states

710 Boxers competed  
110 Champions crowned

52 Elite Boxers qualified for the  
2023 USA Olympic Trials for Boxing

606 Total Bouts  
505 went to a judges' decision (83%)  
58 were stopped (9%)  
47 were walkovers (8%)  
didn't make weight/withdrawn

There were THREE bout results by KNOCKOUT

215 multi-day passes purchased  
1841 total passes sold



**Detroit Elite Champions**



## **Congratulations to the 2024 U.S. Olympic Team Trials Boxing Qualifiers**

**These boxers earned their spot to compete at the December 2023 U.S. Olympic Team Trials - Boxing at the Detroit Qualifier or at the 2022 National Championships in December.**

Women 50 kg:	Kayla Gomez, TX	Priscilla Medina, CA	Lexus Ramirez, CA	Noelle Haro, NC
Women 54 kg:	Shera Mae Patricio, HI	Natalie Dove, PA	Jasmine Hampton, MI	Lupe Gutierrez, CO
Women 57 kg:	Daisy Bamberger, CA	Yoseline Perez, TX	Deborah Grant, NC	Elise Soto, NJ
Women 60 kg:	Faith Mendez, FL	Lisa Greer, CO	Ja'leecia Dominguez, IN	Jessica Lampron, MA
Women 66 kg:	Stephanie Simon, NC	Stacia Suttles, PA	Brooke Mullen, PA	Ariana Carrasco, CO
Women 75 kg:	Kendra Samargis, ID	Jillian Petroglia, NY	Trinity Burke, PA	Seraphina Brown, MA
Men 51 kg:	Jordan Roach, MD	Ryan Williams, OH	Terry Washington, CA	Marcellus Smith, OH
Men 57 kg:	Julius Ballo, CA	Steven Navarro, CA	Raimier Walker, NY	Izak Carlos, KS
Men 63.5 kg:	Dedrick Crocklem, WA	Samuel Contreras, CA	Noah Timoteo, HI	Garrett Rice, MI
Men 71 kg:	Amir Anderson, NY	Jason Moreno, PA	Benjamin Johnson, MD	Carlos Flowers, DE
Men 80 kg:	Nathan Lugo, GA	Theon Davis, IL	Isaiah Carr, NC	Keoni Washington, CA
Men 92 kg:	Ben Turla, KS	Stanley Johnson, TX	Charles Pugh, OH	Maurice Lanell Davis, MI
Men 92+ kg:	Ali Feliz, CT	Ty Jackson, AR	Steven Williams, PA	Jessie Jombo, TX

## Coaching Education

USA Boxing is hosting a webinar with High Performance Director Matt Johnson on May 30 at 5:00 pm MDT! Matt will discuss all things High Performance. He will answer your questions on how to join the team, benefits for coaches and athletes, and High Performance events. There are only 100 spots available for this informative presentation and discussion so register quickly at: <https://usaboxingeducation.org/events/2796>

In addition to USA Boxing's first in a series of webinars, USA Boxing Coaching Education is excited to bring more opportunities to you. In the upcoming weeks, the Green level certification will transition its Spanish offerings to

the new platform with enhanced videos and expanded content. USADA is partnering with USA Boxing to bring anti-doping and supplement courses to the new education platform. Nutrition and Strength and Conditioning courses are being finalized and should be available in late Summer of 2023. These amazing courses and opportunities can all be found on USA Boxing's new educational platform [USABoxingEducation.org](https://usaboxingeducation.org).



## Win a trip for two to Miami Beach for the U.S. Army's Salutefest Air & Sea Show, the most amazing Memorial Day Weekend Experience Ever!

The U.S. Army Salutefest is a one-of-a-kind event that includes the hottest names in music and a large showcase of top U.S. Army technology in one place, as well as a USA Boxing sanctioned event.

Enter here, <https://salutefest.com/>, with the promo code "USA" for your chance to win!



## USA Boxing Training Facility Goes Virtual

Through a partnership with USA Boxing, [Golden Gloves VR \(https://goldenglovesvr.com/\)](https://goldenglovesvr.com/), a virtual reality boxing game,

now includes a to-scale replica of our Colorado training facility. **Gamers and athletes alike can choose to play, train and compete in a virtual version of our training center, complete with all the equipment available to our National Team athletes.**

**The game is available for download in the Early Access section of the Oculus store**

(<https://www.oculus.com/experiences/quest/5682829115084320/>)

**or on Steam**

([https://store.steampowered.com/app/2270000/Golden\\_Gloves\\_VR/](https://store.steampowered.com/app/2270000/Golden_Gloves_VR/)).

Golden Gloves VR will be demoed at the Golden Gloves of America National Tournament of Champions May 8-13 in Philadelphia and the 2023 USA Boxing National Junior Olympics & Summer Festival, June 5-10, in Lubbock.

Additional demonstrations are planned for May 27 & 28 in Miami Beach at the Hyundai Air & Sea Show and in Singapore at the inaugural Olympic Esports Week, June 22-25. **Follow USA Boxing and Golden Gloves VR for updates on this eSports journey.**



## Grievance? Now What?

The Disciplinary Review Panel is comprised of four members of the USA Boxing staff from different departments. **Once a complaint has been received and validated, the process is to issue an Administrative Hold against the membership of the accused pending the investigation.** The accused is given the opportunity for their statement regarding the allegations. The Panel meets up to twice per week and discusses at length, the case and any disciplinary action against the person who committed the violation. A letter of "Disciplinary Action" is emailed out with a requested response time for the acceptance or rejection of action. If a rejection is received, the matter is then presented to the Judicial Committee for review and/or hearing. Below is a recap of the cases the Hearing Panel has worked on in the 1st Quarter of 2023. We will provide a more in-depth report next Quarter.

## New Website Coming Soon

Our communications department, alongside Team USA, has been hard at work at a new USA Boxing website, which will be launched later this summer!

We look forward to sharing the new platform with all our members with hope that it brings easier access, more engaging content and new features.

Watch for the announcement of the launch!



## 2023 First Quarter Disciplinary Actions

Member Designation	Qty	Allegation Type	Ruling
Athletes, Clubs and Parents	4	Complaints	Handled via emails or personal phone calls
Athletes, Clubs, Parents and Non-members	8	Violations of Code of Conduct	Disciplinary Letter: suspension and probation, banned from USA Boxing sanctioned events
Athlete	1	LBC Grievances	Handled at the LBC level
Athlete, Coach	3	National Grievance	Hearings heard by the Judicial Panel
Athlete & Official In Charge	2	Self-Reporting	Letters of acknowledgement sent out
Athletes	6	Forgery	30-day suspension to include waiting to upload an acceptable document
Athletes & Coaches	13	SafeSport	SafeSport either accepts or declines jurisdiction
Athletes, Clubs and parents	14	Disciplinary Letters	Admin Hold, letter of reprimand or disciplinary action (includes the violations and forgery)

## USA Boxing Receives a Grant through Partnerships

Building on the success of the Knock-Out COVID-19 2021-2022 campaign that stemmed from a partnership between USA Boxing and the Covid-19 Vaccine Education & Equity Project (CVEEP), **we are happy to announce that USA Boxing is joining forces with the American Society of Consultant Pharmacists (ASCP) to provide vaccines and education for adults and people with disabilities.**

Through this funding, awarded by **USAgings' Aging and Disability Vaccination Collaborative** and funded through the U.S. Administration for Community Living, we will continue our outreach into our growing communities with the assistance of local consultant **pharmacists who will attend our tournaments and answer any questions, provide recommendations, and administer vaccines on site.**

Over the coming weeks and months, we will share more information about our plans for this program and **how you can participate, earn a micro-grant for your club, and keep our community up to date on vaccines.**



Empowering Pharmacists.  
Transforming Aging.

# WHERE IN THE WORLD IS THE HIGH PERFORMANCE TEAM?

Following the tournament, the team, along with members of our high performance squad spent two weeks training alongside Czechia, Germany, Ireland, Finland and Poland. The camp featured three days of test matches and cross training with the different countries.

The teams final stop was in Usti nad Labem, Czechia for the Grand Prix Tournament where the team won \_\_\_ medals.

The elites will get a few weeks of rest before returning to Colorado Springs, Colorado in June to prepare for international competitions to take place this summer.

Our youth high performance team will be heading to their second training camp of the year later this month at the Chula Vista Elite Athlete Training Center in Chula Vista, Calif. A full camp roster will be announced closer to the start of the training camp.

The USA Boxing elite high performance teams spent the **past month traveling through Europe** for two competitions and a multi-nation camp with numerous countries!

The trip began with a bang, as **Team USA brought home five gold medals and four bronze medals at the Gee Bee Tournament in Helsinki, Finland.** The tournament also saw Robby "Rahim" Gonzales earn Boxer of the Tournament, while Emilio Garcia won Most Technical Boxer of the Tournament. (Pictured below)



## Tournament Medalists

50 kg: Jennifer Lozano - Bronze at Gee Bee

51 kg: Jordan -

54 kg: Jewry Rodriguez - Bronze at Gee Bee

54 kg: Yoseline -

57 kg: Jahmal Harvey - Bronze at Gee Bee

57 kg: Alyssa Mendoza - Bronze at Gee Bee

63.5 kg: Emilio Garcia - Gold at Gee Bee

66 kg: Morelle McCane - Gold at Gee Bee

71 kg: Omari Jones - Gold at Gee Bee

80 kg: Rahim Gonzales - Gold at Gee Bee & \_\_\_\_\_ at Grand Prix

92 kg: Jamar Talley - Gold at Gee Bee

92+ kg: Josh -

Pictured Left are some of the sites of the European Tour. Top is the cathedral in Helsinki, Finland. Bottom is the Brandenburg Gate in Berlin, Germany.



## Alumni Association Hosts Successful Event in Detroit during the National Qualifier

The event's Master of Ceremonies, Ronnie "Slam" Duncan of CBS Detroit, helped us 're-honor' **Claressa Shields and Emanuel Steward**, both of whom were inducted into our Hall of Fame in 2018.

We also honored numerous boxers, including:

Bronco McKart  
Arthur & David Palac  
Erik DeLeon  
Milton McCrory  
Cornelius Bundrage  
Cornelius Lock  
Husam Al-Mashadi  
Tarick Salmaci  
Gerald McClellan  
Derrick Jefferson  
Jonathan Banks  
Mary Jo Sanders

We look forward to our next celebration to honor our great alumni!



Claressa Shield, Two-Time Olympic Gold Medalist, accepts the award at the Detroit Alumni Banquet



## Southwest

### Traveling to Lubbock for JO's?

We would like to encourage our members to book their flights to Lubbock through a **special promotion through our preferred carrier, Southwest Airlines.**

Members that are enrolled into the Southwest Frequent Flyer program may book flights [here](#) and receive special discounts by entering **USA Boxing's business account # 99376233.**

## LBC Elections are Coming This Fall

Start thinking about how you can serve your Boxing Community. The following positions will be elected or selected for each of our 56 LBCs:

President	Vice President
Treasurer	Chief of Officials
Registration Chair	Athlete Representative

Watch for the Call for Candidates and instructions on who is eligible to vote for each position (it varies based on the position per the USA Boxing Bylaws).



# The Key to Peak Performance? Recovery and Here's Why ...

Training hard is a big part of reaching your athletic performance goals, whether you want to run faster, lift heavier, or simply have more energy throughout the day. But what you may not realize is that recovery is just as important as intense training. In fact, top athletes like LeBron James and Roger Federer dedicate an average of 12 hours per day to sleep, while others, like Cristiano Ronaldo, extol the benefits of cryotherapy in their recovery routines.

So what are the best ways to recover to improve your athletic performance? Here's what to know.

## Benefits of recovery

It may feel counterintuitive, but prioritizing rest and recovery is crucial to performing at a high level. When you exercise, your body depletes its glycogen stores and your muscle tissue breaks down. During recovery, your muscle tissues repair, rebuild, and strengthen. Similarly, your glycogen stores can replenish, allowing you to come back stronger during your next workout.

Sure, it's tempting to train intensely on a daily basis, especially if you're working towards a specific goal. However, overtraining can put you at risk for burnout and injury. Therefore, listen to what your body is telling you after training sessions before targeting those specific areas again.

## Best ways to recover

Ready to create your recovery routine? Here are a few of the best recovery practices to get you started.

### Sleep

Yes, it's really that simple. Sleep is essential to helping your body recover, and studies have shown that sleep deprivation might hurt muscle recovery by impeding the body's inflammation reaction and muscle growth. Sleep deprivation can also put you at risk for skeletomuscular injury.

To prioritize sleep in your recovery routine, create a soothing sleep environment in your bedroom by dimming the lights, lowering the temperature, and unplugging from technology. Build a relaxing sleep routine to help your brain wind down; this might include reading, meditating, or light stretching. Aim to get 7-9 hours of deep, restorative sleep each night.

### Infrared Saunas

Unlike a traditional sauna, which heats the air around you, infrared saunas use infrared lamps and electromagnetic radiation to heat your body directly. The benefits of infrared saunas are that they can operate at a lower temperature (typically between 120°F and 140°F), allowing you to stay in the sauna longer and reap more benefits.

Infrared saunas can be used as a recovery aid to promote better sleep, ease muscle soreness, relieve joint pain, improve circulation, improve athletic performance, and aid in relaxation. However higher temperature traditional saunas have many benefits, they act as additional stress.. Higher temperature traditional sauna sessions induce additional stress that may be beneficial to achieve performance benefits, but could be detrimental to short term recovery. If you're new to infrared saunas, start small with a 10 to 15 minute session a few times a week. Drink plenty of water before, during, and after your session to prevent dehydration.

### Cold therapy

On the opposite end of the temperature spectrum is cold therapy for recovery. Cold therapy, like cryotherapy or ice baths, is effective for recovery because the cold temperatures reduce inflammation and speed up recovery time.

At home, you can easily try cold therapy by making a DIY ice bath in your tub or turning the temperature down for the last minutes of your morning shower (bonus: you'll be instantly awake and energized). Or, try cryotherapy. With this recovery practice, you spend a few minutes in a cryogenic chamber that lowers the temperature to -160 degrees Fahrenheit.

While these recovery practices are generally recommended, the best recovery for you depends on your specific health and fitness goals. For example, cold therapy may not be recommended for individuals with cardiac issues or athletes looking to maximize gains in strength or endurance in a building phase. Your precision care doctor can help you assess your performance goals and create a recovery strategy that fits your health needs and lifestyle.

[Click here](#) to learn more about how precision medicine can help guide your recovery.

wild health.



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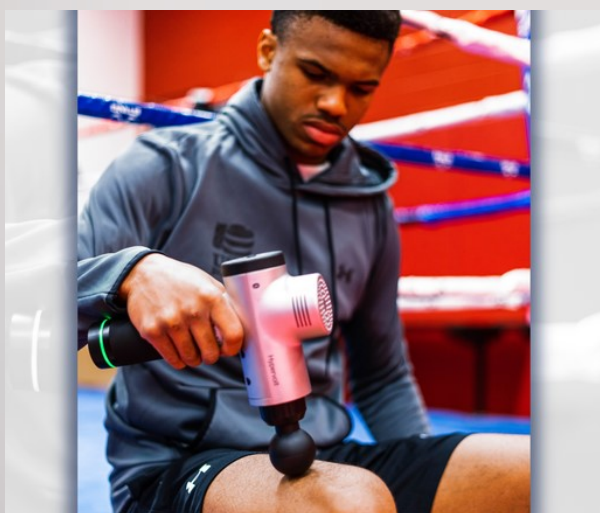
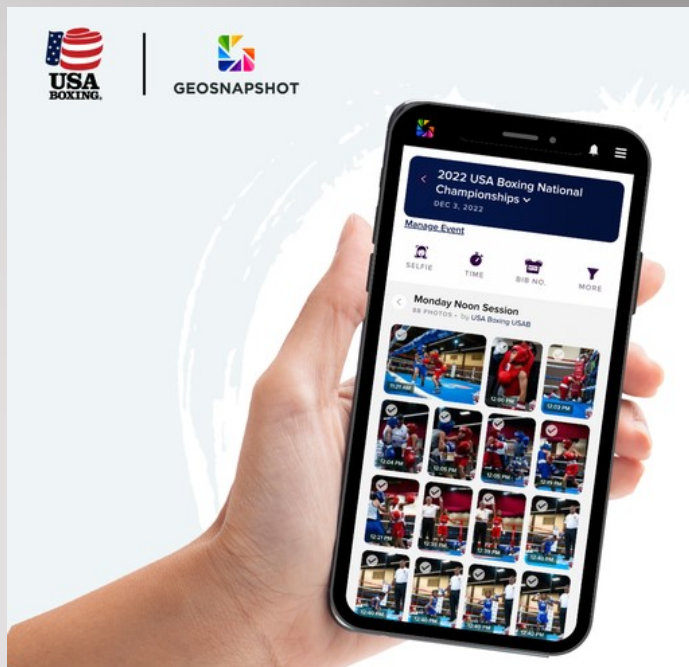
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