

The Neutral Corner

Quarterly Newsletter of USA Boxing
August 2023



Letter from Leadership

It is an honor to have the opportunity to write the "Letter from Leadership" column this quarter. As your Membership Director, I have the pleasure of speaking with many of you throughout the year. **This year in particular is a momentous one as we will move into the LBC Election season**

beginning next month. Following LBC Bylaws, candidates are identified, and eligible club representatives and board members vote on who will lead the LBC for the following 4-year period.

As many of you may know, a 4-year period is known as a "quadrennium," a term used in the Olympic Movement to signify the 4 years between each Olympic Games. USA Boxing follows this model for the terms of office LBC leadership serve. **LBC Elections are conducted every 4 (four) years with newly elected leaders taking office in January of each year in which the Summer Olympic Games are held.**

In an effort to make the process of applying for candidacy and actual voting simpler and more accessible, **USA Boxing has developed an online page that will allow candidates to submit applications via our website. Voting will also take place online and be managed by a third-party company, Simply Voting, to receive and tally votes.**

Please follow this link to access the LBC leadership elections page <https://www.usaboxing.org/lbc-election>

The selection of LBC leaders is a very important one... please consider the qualifications you believe would make a good LBC leader... excellent communication skills, ability to work with others to benefit the entire LBC, strong desire to encourage and mentor youth, willingness to grow the program, to recruit non-athletes as needed. When voting, think of each position being elected and the skills needed to take care of that board seat - secretary, treasurer, chief of officials, etc.

A very important aspect of LBC leadership elections is the selection of athlete representatives to serve on the LBC leadership board. These individuals are an integral part of LBC leadership. They help ensure board decisions keep the welfare of the athletes front and center. Athletes, please utilize this privilege and consider running for athletic representative in your LBC.

Thank you for your consideration in serving in an LBC leadership position with USA Boxing,

Lynette Smith, Membership Director

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



**U.S. OLYMPIC
TEAM TRIALS**
BOXING

**2024 U.S. Olympic Team Trials Boxing
Wild Card Application
Opening October 1**

The final opportunity to qualify to this December's 2024 U.S. Olympic Team Trials in Lafayette, LA will be through the Wild Card application process, which opens October 1. Boxers will be able to submit their application between October 1-14, and those that receive a Wild Card quota must confirm their place no later than November 4.

More information regarding eligibility to apply for a Wild Card can be found online at <https://www.usaboxing.org/olympic-qualification>.

Coaching You Up: A Grant with Many Opportunities

As we previously shared with you, USA Boxing has partnered with the American Society of Consultant Pharmacists (ASCP) for Coaching You Up, in an effort to provide access and education during the upcoming seasonal vaccines for our boxing members and their local communities.

This effort is possible due to the successful execution of the 2021-2022 *KO-COVID* campaign by many of the LBC's and thanks to a grant awarded by USAging's Aging & Disability Vaccination Collaborative that aims to build vaccine confidence and enhance access and equity in hard-to-reach communities across the country.

USA Boxing Sanction Holders are encouraged to apply for a micro-grant to host a *Coaching You Up* event during the months of September 2023 through early March 2024. For more information on how to participate and earn up to \$1,500 click at <https://bit.ly/44tyxMb> or contact twiebelhaus@usaboxing.org or lena@mculskyhealthforce.com.

There is a LIMITED amount of grants and many people have expressed their interest in participating, so please act fast. The micro-grants will include a host toolkit, with fact sheets, flyers and social media content to make it a very successful event highlighting the need to keep ourselves and our communities safe.

While there is no obligation to participate, please think about your athletes/boxers, their families, their surroundings and their communities. We all come from different backgrounds and know how much sacrifice goes into getting our boxers to a healthy stage. **Everyone that attends the event will have the opportunity to get up-to-date with their immunizations and receive routine fall vaccines** like Flu, Pneumonia, RSV, and Covid by presenting their insurance cards. Nobody will be turned away due to lack of documentation, language, faith, or insurance coverage.

We hope you can take advantage of this opportunity and leverage all the benefits of the *Coaching You Up* campaign to attract a bigger audience to the sport of boxing and enhance the life of many people.

Pictured right are pharmacists at the Coaching You Up booth at the Women's Championships in Toledo, OH in July.



Education & Access to Vaccines with **ASCP** at **USA Boxing** sanctioned events

Physician Symposium September 10-11 Colorado Springs, CO

In conjunction with the Last Chance Qualifier, USA Boxing is holding a **training for our Ringside Doctors**. Continuing education credits are offered and USA Boxing certification will be awarded. There are a few spots remaining so doctors please consider attending. Register by going to <https://usaboxing.webpoint.us/wp15/Events2/ViewEvt.wp?EventID=196744>

Topics covered include:

- Olympic Style Boxing vs. Professional Prize Fighting
- Organizational Structure of USA Boxing
- Responsibilities of the Ringside Physician
- Orthopedic Injuries
- Ophthalmology
- ENT
- Suture Repair Workshop & Demonstration
- Heart
- High-Performance Medical Overview
- Anti-Doping for Health
- Weight Management & Nutrition
- Overview of Developing an Olympic Boxer
- "Cutman" Demonstration
- Critical Incident Training
- USOPC Sports Medicine

USA Boxing thanks the Foundation for awarding a grant to help offset costs for this training.

Grants4Gyms

**50 Gyms will be Awarded a Package worth \$1000
Applications Open September 1-15**



The USA Boxing Foundation will once again be awarding grants to USA Boxing registered gyms/clubs for the 2024 calendar year. The application for the grant will be open September 1-15 for those that meet the requirement to apply.

50 gyms will be awarded grants, with the winners announced on October 20. The USA Boxing National Office will ship the winners their equipment during the week of October 23-27, then complete their membership renewals between November 1-3.

Note: Completing the application does not guarantee your club will be awarded a grant.

****Applications that fail to meet the requirements listed will not be considered.****

The application will be available on the opening day here: <https://forms.office.com/r/iQZvPe2bFr>.

Like previous years, to be eligible to apply for the grant you must meet the following requirements:

1. The club must currently be registered with USA Boxing and have been registered for 3 of the last 5 years.
2. There must be a minimum of 5 current, athlete members registered to the club. All athletes must be current USA Boxing members. (Fitness members do not count toward this requirement).
3. The club cannot operate in a residential establishment (no home gyms).
4. Franchises/Gym Owners with multiple facilities/clubs registered with USA Boxing, will be recognized as one entity.
5. Clubs who did not receive a grant in 2022 will receive priority.

**ARE YOUR
MEMBERSHIP
DOCS
UP TO
DATE?**

BE SURE TO HAVE ALL DOCUMENTS UPLOADED INTO YOUR MEMBERSHIP PROFILE TO MAKE ANY FUTURE NATIONAL EVENT REGISTRATIONS SMOOTHER!

REQUIRED DOCUMENTS & VERIFICATIONS

- CURRENT MEMBERSHIP
- BIRTH CERTIFICATE
- CURRENT PHYSICAL
- AND DON'T FORGET TO GET ANY MISSING BOUTS ADDED TO YOUR MATCHTRACKER!



**Congrats to this year's
Thomas Sarge Johnson
Scholarship winners!**

The USA Boxing Foundation awarded \$32,000 across 14 scholarships.

Alexis Montes - Border LBC, University of Texas a El Paso, Studio Art-Graphic Design
Challen Jimenez - Missouri Valley LBC, Friends University, Health Science
Christian Haddock - Georgia LBC, Georgia State University, Exercise Science
Christian Good - NCBA LBC, Lock Haven University, Graduate Student - Physician Assistant
Heather Cirka - Colorado LBC, Colorado Mesa University, Construction Electrical
Izak Carlos - Missouri Valley LBC, Johnson County Community College, Associates
Jacob Castillo - USIBA LBC, University of Calif. Riverside, Sociology
Jethro Lee Deogracias Llamido - Southern California LBC, CSU Long Beach, Teaching
Marcos Saucedo Jr., - Grand Rapids Community College, Industrial Maintenance Technology
Maybelline Chino - Aims Community College, Computer Information Systems & Cyber Security
Omari Jones - Florida LBC, Valencia College, Business Management
Orion Flores - Washington State University Tri-Cities, Graduate Student - Elementary Education
Roy Fields - Gulf LBC, Lonestar College, Graphic Design
Sean O'Bradaigh - Metro LBC, New York University, Real Estate

WHERE IN THE WORLD IS THE HIGH PERFORMANCE TEAM?

Our elite high performance team members are hard at work preparing for the **2023 Pan American Games** this October in **Santiago, Chile**, which will serve as the first qualifier to next summer's Olympic Games in Paris!

To prepare for the event, the 13 members of Team USA will head to **Sheffield, England** for a training camp with Team Great Britain and Team France next month before returning to **Colorado Springs, CO** for their final training camp, which will see Great Britain, as well as Ireland, Azerbaijan, New Zealand and Finland attend the final multination camp of the year.

Our youth team attended the Brandenburg Cup in **Germany** for their international competition of the year, while our junior training camp will take place for the second year in a row in **Chula Vista, CA** this September.

Be sure to follow USA Boxing on social media and on our website to stay updated on where Team USA will be, as well as an inside look at their training leading up to Chile!



Congratulations to our Youth Team
9 GOLD MEDALS at the
Brandenburg Cup in Germany

Pictured above Left to Right:

Perla Bazaldua
Female Bout of Tournament

Sa'Rai Brown-El
Female Boxer of the Tournament;

Rishon Sims
Male Bout of Tournament



Bon Appetit
with **Billy**
& Sous Chef **Mike**



SAVE THE **PLATE**

Although the USA Boxing Foundation's official fundraising campaign ended in mid-August, donations are still being accepted by going to <https://bit.ly/BoxingDonate>

Proceeds go to help send the families of Olympic boxers to Paris to watch their athlete compete.

Disciplinary Review Panel

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 member 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(s) against the person (s) who committed the violation(s).

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. Both the Administrative Hold notice and the Disciplinary Letter are copied to the accused's home LBC and other parties on a need to know basis only. All cases are strictly confidential at all times.

Below is a recap of the cases the Panel has worked on in the 2nd Quarter of 2023.

Omari Jones Donates Backpacks to Boxers at Junior Golden Gloves

USA Boxing high performance team member Omari Jones returned home to Orlando in between training camps in Colorado Springs to speak to the boxers at the 2023 National Junior and Youth Golden Gloves Championships, as well as hand out backpacks for his second backpack drive for boxers ready to return to school.



Jones, who regularly gives back to his community, began his backpack drive in honor of the programs that looked out for him growing up.

"I always believed in giving back to my community to make it a better place, especially for the kids, because I believe they are the future," said Jones. "Growing up, there were always programs that looked out for me, so my parents never had to buy a backpack for me, so I wanted to do the same for the kids in my community."

If you would like to donate to future backpack drives for Omari, please contact Brian Taylor at btaylor@usaboxing.org.

2023 Second Quarter Disciplinary Actions

Member Designation	Qty	Allegation Type	Ruling
Athletes, Clubs & Parents	26	Complaints	Handled via emails or personal phone calls
Athletes, Clubs, Parents & Non-members	5	Violations of Code of Conduct	Disciplinary Letter: suspension and probation; banned from USAB sanctioned events
Athlete	2	LBC Grievances	Handled at the LBC level
Athlete & Coach	6	National Grievance	Hearings heard by the Judicial Panel
Athlete	2	Legal	Cases involving attorneys for both sides
Athlete	1	Appeal	Cases where the litigant did not agree with the Panel's decision and sought to appeal it (USAB always abides by the Appeal Panel's decision)
Athlete & Official In Charge	1	Self-Reporting	Letters of acknowledgement sent out
Athletes	3	Forgery - Boxer Physicals	30-day suspension; denied entry into National Tournament; waiting for acceptable document to be uploaded.
Athletes & Coaches	3	SafeSport	SafeSport either accepts or declines jurisdiction
Athletes, Clubs and parents	64	Disciplinary Letters	Admin Hold, letter of reprimand or disciplinary action (includes the violations & forgery)
Athletes, Coaches & Clubs	4	Unsanctioned Events	Admin Hold and disciplinary action

Seven Ways Infrared Helps with Training Recovery by Healix Infrared Sauna Blanket

Top Recovery Boosts From Infrared:

Increase ATP Production – ATP is energy for your muscles at this smallest form (really, it's chemical bonds are potential energy easily converted). So naturally, more of it is ideal. Infrared at the proper wavelength is consumed by the cell, increases mitochondrial (cell powerhouse) output, and creates more ATP for you to exercise and recover more efficiently.

Increase Nitric Oxide Levels– This is going to increase vasodilation. Why is this important? Because it allows for blood vessels to deliver more oxygen and more nutrients throughout the body. More oxygen and nutrients allow for muscles to work harder, longer and recover faster.

Increase Lymphatic Flow – After exercising, your body is going to be going through many processes, and they create waste. The faster you can get rid of cellular waste, the quicker you reach full recovery. Increasing your Lymphatic Flow helps you get rid of cell waste faster. Research is showing Infrared Saunas are so effective at this, it's being used to treat hospitalized patients with lymphoedema.

Increase Blood Flow – This one works in tandem with Nitric Oxide Increases. Increased Nitric Oxide allows your blood to carry more building blocks, while increased blood flow gets it to the necessary locations at a higher rate. Increased blood flow accelerates recovery by delivering the necessary nutrients to muscles so they can grow and recover, while disposing of cellular waste at the same time. One Single Infrared Session can have a significant impact on blood velocity.

Increase Testosterone to Cortisol Ratio – That's right, boost testosterone and lower cortisol. If you don't know, testosterone is something associated with many positive health benefits, including muscle growth and regeneration. Cortisol, the opposite. Inhibiting muscle growth, sometimes breaking it down and really creating a bunch of bad things in the body. Increasing testosterone while decreasing cortisol is pivotal to optimal recovery. Infrared has been shown to do just that.



LBC Elections are Coming in September

It's time to step up and serve your Local Boxing Community. The following positions will be elected for each of our 56 LBCs:

President	Vice President
Treasurer	Chief of Officials
Secretary	Athlete Representative

(Registration Chairpersons are selected by the newly elected Board)

All Information about the LBC Elections can be found at: <https://www.usaboxing.org/lbc-election>

LBC Elections Timeline

September 1: Call for Candidates sent out

September 15: Candidate Information due to USA Boxing via online submission

October 23: Email stating eligible candidates and those that win by acclamation (no one running against) announced

November 1: Voting begins via SimplyVoting.com

November 15: Voting ends

November 29: Announcement of Winners

December: Run-off elections (if needed) via Simply.Voting.com

January 1: LBC Board of Directors take office

Decrease Inflammation – Inflammation is natural, and necessary, for fitness progress. But too much inflammation is not a good thing. Infrared has been shown to significantly reduce swelling, and helps to keep it at a level optimal for progress from your hard work.

Improve Circadian Cycle – Sleep is one of the oldest celebrated training pillars out there. Any improvement you can make to your sleep cycle is going to help with a multitude of things, including muscle recovery. Infrared has been shown to increase serotonin levels, which makes you happier, but also has a large positive impact on your sleep quality.

As a reminder, USA Boxing members can save \$100 off their purchase of their own sauna blanket with the code "USABoxing." **Click here to order yours today!**

2023 USA Boxing Junior Olympics & Summer Festival Lubbock, TX · June 3 - 10 By the Numbers

6 Days of Competition
10 Sessions in 4 Boxing Rings
1286 Boxers Registered: Ages 8-62
18% Female Boxers
894 Coaches Registered
84 Officials Registered

Participants from 46 states
687 (30%) from Texas
2125 (95%) from outside Texas

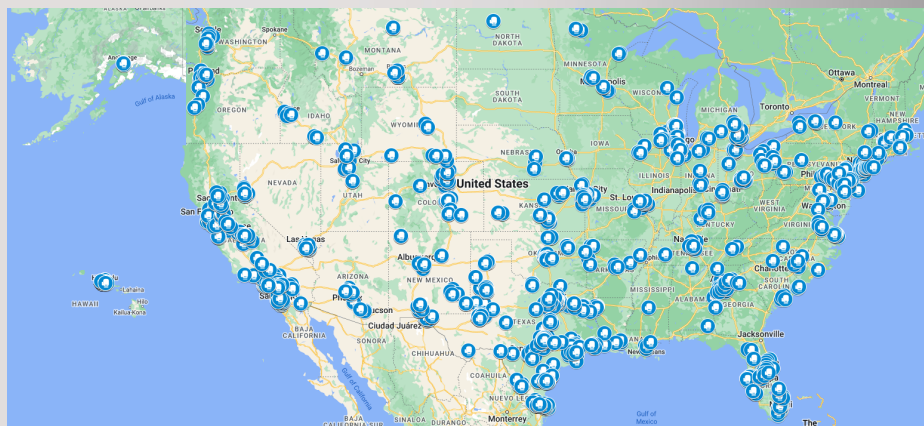
981 Boxers Competed
170 Champions Crowned
279 Junior Olympic Medals Awarded

24 Elite Boxers Qualified for the
2023 USA Olympic Trials for Boxing

845 Bouts Contested
60% Unanimous Decisions
40% Split Decisions



Male Junior Division Champions



Map that shows the clubs represented at the Junior Olympics



Olympic Silver Medalist, Richard Torrez Junior led the Junior Olympics Opening Ceremonies Parade



USA Boxing staff who worked hard at JOs and all events to make sure all runs smoothly (LtoR): Jacob Hammond, Mike Campbell, Megan Schuller, Brian Taylor, Tanner Wiebelhaus, and Mike McAtee.



USA Boxing Women's Championships a Huge Success

The first ever USA Boxing Women's Championships was a huge success for our females. The week-long event in Toledo, Ohio saw 205 boxers competing in over 270 bouts contested throughout the week.

We would like to thank all those that participated, as well as played a part in putting on this event. **From panels to open workouts, to our first ever hand mitt competition and Purple Carpet Gala, this event accomplished the goals we set out when first launching this event, to make everyone better, both inside and outside the ring, than they**

were when they arrived to the event! We hope everyone that participated enjoyed as much as we did, and we hope to see this event continue to grow and impact our female boxers.



Mitt Competition Winners



Elite Female Champions

USA Boxing Forms Athlete Advisory Council

As part of compliance for the United States Olympic Paralympic Committee (USOPC) each National Governing Body (NGB) must have an **Athlete Advisory Council (AAC)** for their sport.

USA Boxing conducted elections last spring with eligible elite athlete voters and we are pleased to announce the following won by acclamation and will serve on the committee: **Brian Ceballo, Franchon Crews-Dezurn, Danielle Perkins, Queen Underwood, and Steve Colome.** The purpose of the AAC is to advocate the interests of athletes in all areas of USA Boxing influence and governance. (Complaints still follow USA Boxing's Grievance procedures.)

It should be noted that Queen Underwood and Steve Colome were also selected to serve as athlete representatives on the USA Boxing Foundation Board.

We thank these and all elite athletes who give back to the boxing community by volunteering to serve on committees or boards.

How to Understand and Optimize Your Sleep for Improved Performance

The importance of sleep is so often underestimated, particularly in the traditional medicine system. In reality, sleep plays a *critical* role in our overall health and wellbeing, affecting literally every aspect of our lives. But currently, according to the National Sleep Foundation, 35% of adults in the US report an average of less than seven hours of sleep per night. That contradicts the findings of a study published in the National Library of Medicine that concluded adults between the ages 18 to 64 need seven or *more* hours of sleep per night.

Sleep has been misconceived as being *unproductive*, but the truth is that our bodies are constantly at work undergoing several crucial processes while we're asleep:

Restoration: Sleep allows our bodies to repair tissues, synthesize proteins, and grow new muscles.

Immune Support: Adequate sleep enhances our immune function, in turn helping to prevent illness and infection.

Memory Consolidation: During sleep, the brain processes and stores information from the day, strengthening neural connections and improving memory retention.

Hormone Regulation: Sleep regulates the release of various hormones that control growth, metabolism, and our stress response.

Emotional Wellness: Sleep is essential for maintaining emotional stability, reducing stress, and improving our mood.

Understanding Your Sleep Chronotype: You're probably familiar with a circadian rhythm, which is your sleep-wake cycle. The circadian rhythm includes all the physical, mental, and behavioral changes over a 24-hour period in response to light and darkness. Your sleep *chronotype* refers to your natural sleep-wake pattern, which influences your energy levels, productivity, and mood throughout the day.

There are four main chronotypes, which you may hear some refer to as different types of animals:

Morning-oriented: those who wake early and are most productive during the morning hours. **Sun-oriented:** The majority of the population have a natural preference for sleep and wake times that align with the sun's rising and setting. **Evening-oriented:** those who feel most alert and productive during the evening and night hours. **Light sleepers** are those who often struggle with insomnia and have no strong preference for morning or evening activities.

Chronotypes vary from person to person depending on a number of factors, including: age, location, and genetics. Understanding your genetic makeup can help you identify potential sleep patterns or issues and develop strategies to address them. That's why, particular genes are a part of the custom genetic analysis done at

Are You
Getting
Enough
Sleep?



Wild Health – and also explains why sleep is a pillar of focus within each of their Personal Health Reports. Not to mention, there's a strong correlation between your sleep chronotype and your personality, health (ie. disease risk, cognitive function), and overall quality of life.

Nutrition and Supplementation for Improved Sleep Quality

It's no surprise that a balanced diet is crucial for optimal sleep, as certain nutrients play essential roles in sleep regulation. **Some key dietary components to consider include: Tryptophan, Magnesium, Calcium, and Vitamin D.**

Lifestyle Habits for Optimal Sleep

There are many habits and lifestyle factors that affect our sleep duration and quality, as well. Consistency is key with any healthy behaviors, so incorporate the below to the best of your ability:

- **Establish a consistent sleep schedule**
- **Create a bedtime routine**
- **Regulate your light exposure**
- **Optimize your sleep environment**
- **Mind your diet**
- **Incorporate regular movement**
- **Manage stress and anxiety**

Only recently is sleep beginning to get the respect it deserves. So, whether you go at it alone or with the help and guidance of a healthcare practitioner, make sleep a critical point of focus if you're looking to improve your performance and overall health.

wild health.

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to Our Sponsors!**

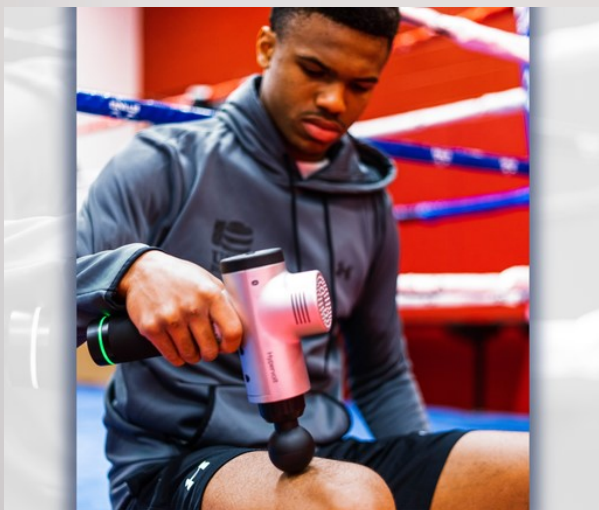
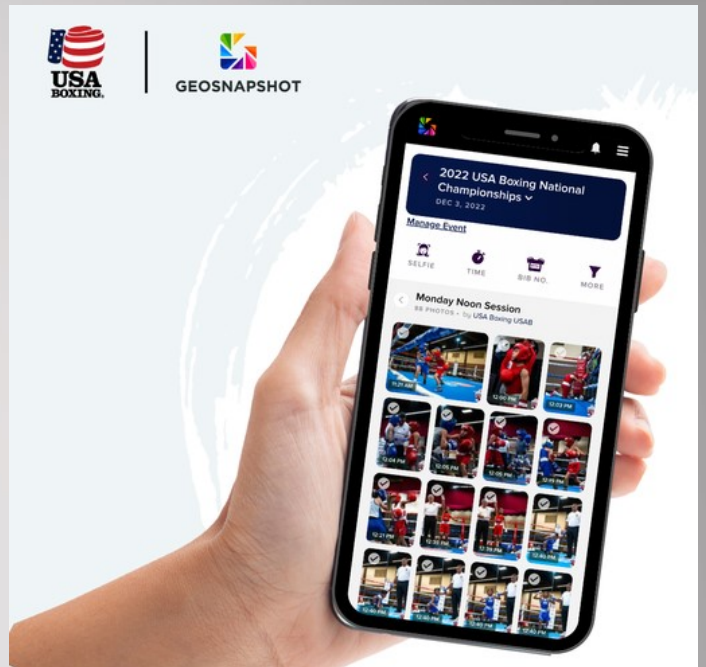
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For more information on what is happening or if you'd like to become a sponsor contact:

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