

The Neutral Corner

Quarterly Newsletter of USA Boxing
January 2023



Letter from Leadership



With the new year, I would like to start out by thanking all the coaches, officials, LBC leaders, board members and staff for making 2022 successful. Our boxers also thank you for your dedication.

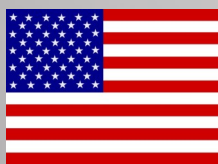
We had the highest number ever of members and gyms are back to pre-pandemic levels. In 2022, we also hosted three national events and an international tournament. USA Boxing also rallied international relations and saw outstanding talent in our high performance athletes.

As we look forward to 2023, we are already preparing for the next Olympic Games and are looking forward to higher participation at the local, regional and national levels.

Thank you again for all you do to make USA Boxing a top National Governing Body.

I wish you the best in 2023,

Tyson Lee
USA Boxing
Board Chairperson



Register At: <https://go.teamusa.org/3CXUpDV>

**START
2023**
OFF BY RENEWING YOUR
**USA Boxing
MEMBERSHIP!**

SAVE THE DATE

- March 18-25**
National Qualifier
Detroit, Michigan
- June 3-10**
Junior Olympics &
Summer Festival
Lubbock, TX
- July 23-29**
Women's Championship
Toledo, OH
- September 9-16**
Last Chance Qualifier
Pueblo, CO
- December 2-9**
National Championships
& Olympic Trials
Lafayette, LA

Update from Membership: 2023 membership renewals and registrations are in full swing. **Each day we register hundreds** of members, provide log-in information, explain how to access and take SafeSport training, sign members up for coach and official certification and testing, process dozens of background screening appeals and attach members to their boxing clubs. **We are always happy to communicate with members via telephone and email....that said, we ask for a little patience if we are not immediately available to help you.** All of these requests take time to resolve which means having to leave a phone message or email for membership staff. **Please know we are working through the messages as quickly as we can and will get back with you to help with your request.**



Announcement of New USA Board Members



USA Boxing is pleased to welcome four new board members and the return of four board members in 2023. **Eight positions on the USA Boxing board of directors were up at the end of 2022** and the USA Boxing Nominating & Governance committee followed the bylaws to seat each of the positions. Although we will miss the efforts of outgoing board members, Dick Hoffmann, Ray Silvas, and Pat Butler, we are excited about what the new members will bring to the Board.

Christy Halbert was elected the LBC Director by the LBC Presidents. Halbert will bring the experience of a boxer, coach, official, gym owner, and LBC administrator to the board. She has served on numerous boxing committees nationally and internationally, plus has been a trailblazer for female boxing.

Brian Ceballo was elected Athlete Director for a second term by the Elite Athletes. In addition to his current pro boxing career and being a previous amateur elite athlete, Ceballo has been active in the Metro LBC and served as our Athlete Advisory Council (AAC) Representative with the USOPC and on the USA Boxing Athlete Selection and Audit Committees.

Danielle Perkins was elected Athlete Director for another term by acclamation since she was the only female running for the athlete position. Perkins is a World Gold Medalist and a four-time USA Boxing National Champion. In addition to being an active board member and serving on the USA Boxing Audit Committee, she has brought her business sense and athlete perspective to the board.

Eric Buller was elected Affiliated Member Director for a second term by the Group Member Presidents. Buller has been President of the National Collegiate Boxing Association (NCBA) since 2016. His military background and involvement at universities has provided the communication skills necessary to represent the group members and advise the board on policies and procedures.

Elise Seignolle was selected as the International Federation Representative as she is the USA Boxing member holding the highest office within the International Boxing Association. Seignolle has been very involved in Metro LBC and has served as the Athlete Representative on the USA Boxing Foundation. Her experience as a Finance Director will also benefit USA Boxing.

Christ Trombetta was selected for a second term as an Independent Director. Trombetta has served on the USA Boxing Board since 2019. His outside perspective, Army background, business-oriented approach, and demonstrated track record of strong ethics and high integrity have been and will continue to be assets to the Board and Audit Committee.

Angelica Colantuoni was selected as an Independent Director. Colantuoni attributes boxing as a young girl to her success of today. She will bring connections with community, business, and political leaders along with skills in marketing and communications including influencer identification and content strategy, social media/digital strategy, public affairs, crisis management, media relations and public relations to the Board.

Darryl Smith was selected as an Independent Director. Having boxed at the US Naval Academy, Smith learned a great deal about resiliency and dealing with uncertainty, which helped him in his military service and business career. His career in business and non-profit experience including serving on the Salvation Army Board in Dallas will be valuable to the Board.



Thank you to the USA Boxing Foundation for awarding \$154,000 in grant funding to USA Boxing so we can host the Women's Championship and Last Chance Qualifier. Each of these grants from the Foundation provides half the funding needed for the events. **USA Boxing is very appreciative of the Foundation's support!**

GRANTS4GYMS



USA Boxing would like to thank the USA Boxing Foundation, STING Sports and Impact Mouthguards for their contributions toward making our 2022 Grants4Gyms a huge success! 50 gyms received a grant this past Fall valued at \$1000 each.

The grants award to the gyms included:

- Complimentary Gym Membership for 2023
- Complimentary Gym Sanction (not 3rd party) for 2023
- Complimentary Coach Membership for 2023
- USA Boxing gloves and headgear for gym
- Mouthguards from Impact Mouthguards
- USA Boxing apparel for gym members



The country was divided into regions and the number of grants awarded were proportionate to the number of applications received from each region.

Congratulations to all gyms that received the grant. USA Boxing thanks you for your services to our members.

2023 edition of the Grants4Gyms application will be announced in late summer with grants awarded in October.

Coaching Education

We had a great time last year holding 24 Bronze clinics in 16 states. The clinics received rave reviews from coaches with all levels of experience saying they learned a lot and had fun. Join your fellow coaches and learn more about the techniques and tactics used by the High Performance team. Discover new ways to warm up your boxers and train valuable skills, all the while networking with other coaches.

[Click here to find a clinic near you.](#) If you don't see a clinic in your area, host one. All you need to host a clinic in your area is space for a minimum of 16 coaches. If you're interested in hosting a Bronze clinic please email Liana at ltobin@usaboxing.org.



2022 USA Boxing National Championship Lubbock, Texas December 3 - 10, 2022 By the Numbers

6 days of competition with 10 sessions in 4 boxing rings

1306 Boxers registered

50% 9-15 years old and 50% 16+ years

24% Female

990 Coaches registered

111 Officials registered

977 Boxers competed

850 Bouts contested

16 Boxers were unopposed

142 Champions crowned

26 Elite Boxers qualified for the 2024 Boxing Olympic Trials

850 Bouts

724 went to judges' decision (85%)

85 were stopped (10%)

41 were walkovers - didn't make weight/withdrawn (5%)

TWO bout results by KNOCKOUT

Injuries were REDUCED with only 4 Restriction Affidavits

(0.24% incidence rate)



Alyssa Mendoza from Caldwell, Idaho was awarded the Most Outstanding Female Elite Boxer at the 2022 National Championships. Pictured above with Board Member, Ray Silvas.



Dedrick Crocklem from Tacoma, Washington was awarded the Most Outstanding Male Elite Boxer at the 2022 National Championships.

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.

Women

51 kg - Jennifer Lozano
51 kg - Kayla Gomez
57 kg - Shera Mae Patricio
57 kg - Jewry Rodriguez
63.5 kg - Alyssa Mendoza
71 kg - Daisy Bamberger
71 kg - Faith Mendez
80 kg - Lisa Greer
80 kg - Stephanie Simon
92 kg - Stacia Suttles
92 kg - Kendra Samargis
92 + kg - Jillian Petroglia

Men

51 kg - Jordan Roach
51 kg - Ryan Williams
57 kg - Julius Ballo
57 kg - Steven Navarro,
63.5 kg - Dedrick Crocklem
63.5 kg - Samuel Contreras
71 kg - Amir Anderson
71 kg - Jason Moreno
80 kg - Nathan Lugo
80 kg - Theon Davis
92 kg - Ben Turla
92 kg - Stanley Johnson
92+ kg - Ali Feliz
92 + kg - Pryce Taylor

USA BOXING AND GOLDEN GLOVES VR PARTNER FOR E-SPORTS INITIATIVE

The thrill and excitement of top-level amateur boxing training and competition goes virtual with a new partnership between **USA Boxing** and the tech company, **Engine Room VR**, creator of virtual reality boxing game, **Golden Gloves VR**.

The collaboration includes the creation of a virtual USA Boxing training facility and arena inside the Golden Gloves VR game, which mirrors the official complex at the United States Olympic and Paralympic Training Center in Colorado Springs. **This immersive and progressive boxing experience allows athletes and gamers alike to hone their skills and build endurance on adjustable heavy, double-end, and speed bags with physical properties precisely calculated to mimic their real world counterparts.**

Players can advance through the amateur and professional ranks as they compete for titles, facing increasingly difficult opponents, each with his or her own personality and fighting style. A two-player mode is in development, which will create a path for future e-Sports tournaments in conjunction with USA Boxing National events. "Our USA Boxing coaches and athletes had the opportunity to demo Golden Gloves VR in December during the National Championships in Lubbock, and the feedback was overwhelmingly positive. Our coaches see the potential for this as a training tool for their boxers and an avenue to expand the reach of our sport," said Mike McAtee, USA Boxing Executive Director.

Designed for the Oculus Quest 2 virtual reality headset, Golden Gloves VR is endorsed by Golden Gloves of America, a world-renowned name in amateur boxing, and was developed in consultation with professional and amateur boxers and coaches to provide a realistic, immersive and progressive boxing experience where players can train and compete in a variety of virtual settings, everything from a fully equipped boxing gym to large arenas. **Golden Gloves VR is available for pre-release download from the Early Access section of the Oculus Store.** The early release of the game is also available through Sidequest, a virtual reality content platform. **View the Golden Gloves VR Game Trailer [Here](#)**

2022 Match Tracker Results for USA Boxing Event sanctions

27,000 bout results were reported in **MatchTracker**
For 1300 event sanctions
125 event sanctions with missing results (2200 bouts)
90.4% events with reported results (87.5% for 2021)

Top Ten LBCs With Most Matches Reported

LBC	Matches Reported	Total Sanctions
Southern California	2227	62
South Texas	1858	51
Gulf	1099	38
Missouri Valley	1014	33
Southwestern	861	28
Florida	810	26
Colorado	792	32
Michigan	751	52
Middle Atlantic	716	54
Nevada	714	18

**Special Thanks to our Admin Heroes
who combined accounted for 30% of all
MatchTracker bouts reported in 2022.**

· Cindy Schumacher · Delilah Ponce-Rico ·
· Debbie Holmes · Bill Wells ·
· Jennifer Henderson · Beau Campbell



WHERE IN THE WORLD IS THE HIGH PERFORMANCE TEAM?

USA Boxing has started off the year with its 2023 **Elite Team Selection Camp**. This camp is currently underway, taking place January 8-February 16, 2023, and includes 27 of the nation's top boxers at the **Colorado Springs Olympic & Paralympic Training Center** competing for their place on USA Boxing's Elite High Performance Team. The Elite Team will be announced February 10 following the evaluation period, and each of the selected team members will compete in the **Strandja Tournament, taking place in Sofia, Bulgaria**, February 16-27, 2023.

USA Boxing's Youth High Performance Team will be selected following the **Youth Selection Camp**, scheduled for March 3-18, 2023 in **Colorado Springs, CO**. The top two place finishers in all 13 Olympic weights from the 2022 USA Boxing Youth National Championships will undergo an evaluation period similar to the elite team to earn their place on the 2023 Youth High Performance Team.

USA Boxing is currently confirming plans for its 2023 Junior High Performance Team, which will be invited to the 2023 **Junior Regional Camps in Chula Vista, CA** this September. Similar to the camps held in 2022, the 2023 Junior Regional Camps will offer an open registration for additional boxers to join the camp, providing they meet minimum performance eligibility requirements, which will soon be announced.

USA Boxing and RX Water Renew Partnership for 2023

USA Boxing and RX Water announced the renewal of their partnership to extend RX Water as the official water of USA Boxing through 2023.

"RX Water is thrilled to continue its relationship with USA Boxing," said David Nazar, RX Water COO. "We share the same core values and working together allows us to create a larger impact in and out of the ring. We are excited for what the future holds."

The Coachella Valley, CA based company joined forces with USA Boxing in 2021, providing their ultra-purified, sodium free, fluoride free and essential minerals infused water to USA Boxing high performance training camps, as well as providing water at USA Boxing national events.

"If you walk into the boxing gym you will see a fridge stocked with RX Water, boxers carrying reusable RX water bottles, as well as RX Water ready to go ringside during a sparring session," stated Taylor Maggio, USA Boxing National Team Sports Dietitian. "USA Boxing is always looking for top of the line products to keep our boxers healthy and performing their best. RX has helped take our boxer's hydration to the next level."

More information on RX Water can be found [here](#).



Alumni Association is Hosting Events in Detroit during the National Qualifier

USA Boxing Alumni Association "Meet and Greet"
Saturday, March 18, 2023 at 7:30 pm
Location: To be Determined

This is a free opportunity to enjoy an evening of conversation and camaraderie with fellow USA Boxing Alumni. Olympians, world champions, legendary coaches, and longtime officials from across the country are expected to attend.

Alumni Association Detroit Celebration Banquet
Sunday, March 19 at 6:00 pm
Location: To be Determined

Come join us as we kick off the National/Olympic Trials Qualifier by celebrating the rich amateur boxing history of Detroit. This banquet will honor the Olympians, Champions, historic coaches, and longtime servants of USA Boxing who have helped shape lives in the Detroit area. Tickets will be available for purchase online shortly, and there will be not be tickets sold at the door so please get them as soon as possible. Each ticket includes a plated dinner and banquet program. This is sure to be a memorable evening!



USA Boxing Staffing Update

The USA Boxing National Office is starting 2023 with a few new faces and some familiar faces being promoted to new positions!

High Performance

The High Performance Department has added a new staff member, as well as promoted two to new positions within the department. **Chris Hale** joined USA Boxing in December 2022 as the new High Performance Coordinator, where he will oversee the junior and youth high performance teams. **Morgan Berquist** begins 2023 as being promoted to High Performance Manager, where she will transition from overseeing the junior and youth teams to working more with our elite high performance team. **Derrick Raedel** has been promoted to Assistant High Performance Director – Operations, where he will continue to oversee elite team programs, while taking on more long term planning and athlete development initiatives.

Membership

Two members of the Membership Department have received promotions! **Claudia Douglas** will now be the Membership Supervisor, while **Rhona Brown** has been promoted to our Membership Services Coordinator. We are also in the process of adding another Membership Services Assistant to help meet the needs of our members.

Events and Operations

The Events Department is also evolving to help serve our members. **Megan Schuller** has been promoted from National Events Coordinator to Events Manager, and will take on all logistics for national events. **Andrew Banuet** has transferred from the Membership Department to Operations as the Boxing Operations and Technical Service Coordinator and will oversee local sanctions as well as provide technology assistance. A new **Events Coordinator** will also be hired this quarter, who will focus on regional events and assist Megan with national events. These staff will be under **Michael Campbell**, whose new job title is Boxing Operations Senior Manager.

BOOST YOUR KNOWLEDGE

DID YOU KNOW...?



COVID-19 vaccines remain highly effective against the virus, but protection can wane over time. **Updated booster shots increase the level of immune response in those who are fully vaccinated and provide more protection against COVID-19 and the Omicron variants.**

Side effects from an updated booster are similar to the symptoms experienced after the first COVID-19 vaccine doses. Pain at the injection site, fever, and body aches are normal signs that your body is building protection against COVID-19.



Getting an updated COVID-19 booster shot after recovering from COVID-19 **increases your body's immune response helping improve protection against reinfection.**

SCAN TO PLAY
and learn more about updated COVID-19 booster shots.

COVID-19 VACCINE EDUCATION and EQUITY PROJECT
covidvaccineproject.org

Sources: Centers for Disease Control and Prevention



of·fi·cial: one who administers the rules of a game or sport

USA Boxing offers **Official In Charge (OIC) Training** on select Tuesday and Thursday evenings via Zoom. All sanctioned events must have an OIC present. Level 2 and 3 officials are welcome to attend the training. Please check with Kevin Hope kjdhope@prodigy.net or your LBC's Chief of Officials for training dates.

Pee Wee Co-Ed Success

In 2022 USA Boxing introduced a rule change that allowed for matches at the local level between male and female boxers within the Pee-Wee age division (8-10 year olds). This change was made to provide more boxing opportunities for young girls as they often didn't have anyone to box against.

USA Boxing's MatchTracker recorded 23 bouts contested in the Pee-Wee COED division between a male and a female boxer. Of the 23 bouts, the male boxer won 15 (65%) and the female boxer won 8 (35%). The 23 bouts took place in 10 different states with Texas hosting 7 bouts. Bouts also took place in Nebraska, Oregon, New Mexico, Kansas, South Carolina, Georgia, Oklahoma, New Jersey & Massachusetts. Of the 23 bouts, 21 resulted in a judges' decision and only 2 resulted in stoppage, one by RSC and another by Abandon. No Knockouts nor Restrictions were recorded.

The logo for COED, featuring the letters 'COED' in a bold, white, sans-serif font with a registered trademark symbol (®) to the upper right, set against a solid red rectangular background.

Your Guide to Fueling Before a Boxing Competition

In the weeks leading up to a competition, you've dedicated yourself to your physical training with sparring, weight lifting, and cardio. And **just as important as how you train your body is how you fuel your body for peak performance.** Here's what to know about optimal nutrition and fueling strategies before a big competition.

Understand the impact nutrition has on your performance: The benefits of strategic nutrition go beyond feeling your best on the day of your fight. While nutritional needs are different for everyone, fueling for performance generally means finding the right ratio of fiber-rich, complex carbohydrates and fats to increase your energy levels. (Remember, your body breaks down carbohydrates into glucose, the main sugar found in your blood that is responsible for much of your body's energy). With that combination, you'll increase your glucose stores (which will give you an energy surplus) *without* spiking your insulin with processed carbs void of micronutrients. Those processed carbs can cause inflammation and reduce performance levels.

Protein is an important macronutrient before a competition too. Lean proteins have amino acids, which will help improve your performance, and they'll also help with recovery afterward (which is especially important if you'll have multiple bouts over the course of a competition).

Focus on these foods: Again, your goal is to prioritize complex carbohydrates and healthy, unsaturated fats — both during training and immediately before a competition. For complex carbs, look to foods such as sweet potatoes, quinoa, and oats, which will steadily increase your glucose stores without spiking your insulin (which inevitably leads to a crash). Healthy fats

might include avocado, olive oil, nuts, seeds, and fish. Together, this strategic combination of carbs and fats will give you the right amount of energy to take on the competition.

Optimize your eating windows: While your nutrition should always be a focus of your training, it becomes especially important in the days before a competition. Approximately 48 hours before your competition starts, you should begin focusing on complex carbs and healthy fats. Then, about three or four hours before your event, fuel with the food you'll need to digest before the competition starts. This differs for everyone, but you'll generally want to find that perfect combination of carbs and fats that won't give you a heavy gut going into the competition. In the weeks before your competition, experiment with different macronutrient combinations and timing to discover what works best for your body.

Finally, if you feel like you need a little something extra, grab a high-quality nutrition bar with a clean source of carbs, such as honey or dried fruit, to top off your glucose stores. This will help you sustain your performance throughout the competition and speed up recovery afterward. While these recommendations are appropriate for the general public, if you truly want to optimize your competition nutrition, you'll need to dive further into your unique nutritional needs. **Wild Health uses genetics and continuous glucose monitors to closely monitor your nutritional needs and understand how your body responds to different foods on an individual level.** To learn more about how you can get an edge over your competition, [click here](#).

wild health.

Nutrition: Power Up with Probiotics and Prebiotics!

Gastrointestinal Health: Maintaining a balanced composition of gut bacteria keeps the immune system strong and able to prevent respiratory illness and combat infections and harmful bacteria.

What are probiotics? Probiotics are living microorganisms in your gastrointestinal (GI) tract that increase the concentration of good bacteria in the gut and aid in digestion.

What are prebiotics? Prebiotics are not living organisms; instead, they provide food for the good bacteria in the colon.

Benefits of probiotics and prebiotics:

- Improves absorption of vitamins and minerals
- Regulates bowel movements and aids in digestion
- Regulates appetite and metabolism
- Decreases frequency and duration of colds and infections
- May help reduce inflammation
- Aids in recovery from antibiotic use
- Treats diarrhea and irritable bowel syndrome (IBS)

Risk factors for increased bad bacteria in the GI tract:

- Intense prolonged training
- Lack of sleep and increased stress
- Travel (air and water pollutants)
- Alcohol intake
- Dehydration
- Extreme weight cutting

Food sources of probiotics:

Sauerkraut, kombucha, yogurt, Miso, kimchi, Greek yogurt, and kefir

Food sources of prebiotics:

Garlic, leeks, onions, artichokes, bananas, asparagus, greens, oats, whole grains, and flaxseed

Athletes may consider taking a probiotic supplement in addition to the above food sources. Athletes should look for an NSF Certified for Sport probiotic with a minimum of 5-10 billion colony-forming units (CFU) per serving.

Check out Thorne FloraSport 20B:

<https://www.thorne.com/products/dp/florasport-20b>

For more information visit:

<https://www.teamusa.org/nutrition>



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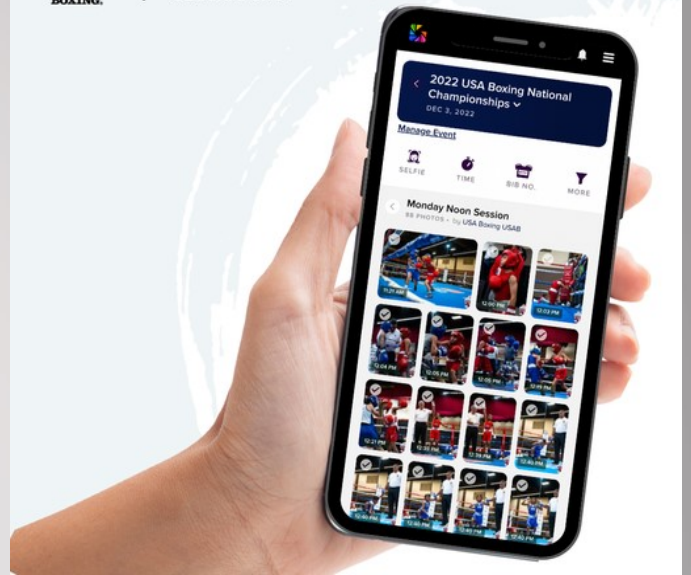
GYM SPOTLIGHT

USA BOXING TALLON'S BOXING ACADEMY

Owner: Shaun Tallon
Location: Chicago, IL
Years Active: 6



I've had more than one kid win the National Silver Gloves, the National Junior Olympics, win the Golden Gloves here in Chicago, the Power Gloves, and some have gone on to go pro, and some went on to great jobs outside of boxing, and I think that's the ultimate goal is to make sure that no matter what they win in the ring, they win after they leave the ring.



Sauna and Health Therapy Tips

In the sport of boxing, we are all familiar with the use of sauna for getting a good sweat and maintaining a healthy competition weight. However, heat therapy in the sauna has multiple other benefits that can encourage better health and enhanced performance.

Heat therapy works by improving blood flow and circulation to the recently exercised muscles. Through these processes, exposure to heat following intense training may promote faster functional recovery. Recovery is an essential part of an athlete's schedule as it is crucial in keeping one healthy and competing in the ring.

Some other benefits one may get from consistent use of heat therapy include, but are not limited to:

- Decreased pain reception
- Boosted immune system
- Lowered stress and anxiety
- Reduced risk of heart disease
- Decreased odds of developing diabetes
- Deeper and better sleep quality

The HEALiX Infrared sauna blanket is an excellent option for incorporating heat therapy into your routine as it is portable so can be taken from the gym to your home, to competitions, around the world!

[Order your HEALiX Infrared sauna blanket here!](#)



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

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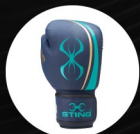


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