



ROC BOXING AND FITNESS NEWSLETTER

Roc Boxing and Fitness

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ROC Boxing and Fitness's First Newsletter

Why a newsletter? After more than two years of running Roc Boxing and Fitness I noticed our members having a growing interest in the happenings of the gym and the individuals training here. So to satisfy this interest I am putting forth this news letter. To kick-off this first issue I would like to chronologically list some of the events which took place this past year at the Roc.

- July 2007 Tricia Cruz and WHAM 13 broadcast their morning show from Roc Boxing and Fitness, High-lights from the show have Coach Dom working with Sean Thompson as he prepares for his 2nd pro fight at Frontier field. Also Coach Bob Urtis introduces Rochester to Russian Kettlebell training.
- August 2007 a casting call is held at the Roc for a technical commercial for Kodak's new movie film.
- Coach Dena and Coach Dom are cast, also Coach Dom is hired to choreograph the boxing scene for the film.
- Roc Boxing's youth boxing program is featured in the Rochester D&C sports section
- Oakhill CC uses Roc Boxing to coordinate a boxing exhibition for their mixed greens event, the event was a success with members from the Roc putting on a fine show
- Aquinas HS boxers train at the Roc to prepare for their annual boxing match with Cincinnati, Ohio HS boxing team
- Members of the Sheriff department train for their annual Josh Bouts charity boxing match. The coaches of the Roc trained the participants and coordinate the event
- Aquinas HS boxers train at the Roc for the 76th annual Mission bouts
- Hashuan "Nino" Sambolin of Roc Boxing wins the 81lb National Silver Gloves title.
- Roc Boxing along with Adventure Out put on a boxing charity event to raise money to "Fight Breast Cancer" again members from the Roc stepped in the ring for a good cause, the event cut a check for \$32,000 and presented it Wilmont Cancer Center
- Roc Boxing is featured in the Rochester Magazine
- Ela Nunez fights Missy Forentino for the women's 130lb world title and loses a controversial decision .
- Professional Boxing returns to the Armory featuring boxers from Roc Boxing and Fitness Ela Nunez, Sean Thompson, Chapo Figuero and Dwayne Hardaway.
- Roc's Tim Kelly wins the NYS Golden Gloves novice title, Mike Alfieri wins his first amateur boxing match at North street.
- Lauren French and Mike Kerper are on to West Point and Shane Long is off to the Naval Academy
- 13 year old Alyssa Werner loses 110 lbs in 7 months Great job!!

The past year at the Roc has been very busy with many success stories. As a new businessman I have learned much. Perhaps most importantly, to listen to my members and work to provide them with what they want. So with that in mind, please feel free to give us feedback on how we are doing.
Ps. So far life after Kodak is not all that bad.
Coach Dom

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POINTS OF INTEREST

- **Keep an eye out for the fall Youth program**
- **Checkout Roc white board for the Challenge of the month.**
 - Julys challenge will be the Kettlebell swing and burpee ladder 1-10**
 - Men use the 24kg**
 - Woman 16kg**
 - time to beat 5 minutes.**
- **Upcoming local amateur boxing shows. Main games on July 19th? Puerto Rican Festival August 1st.**
- **Stay tuned for White Collar Boxing at the Roc**

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Boxing returns to Frontier Field

Ella “ Bam Bam” Nunez who is currently ranked #2 in the world will be headlining this card. Ela will be boxing Dominga Olivo for the IWBFF Female Junior Featherweight title. Also on the card representing Roc Boxing and Fitness will be Jr. Heavyweight

Sean “Pretty boy” Thompson, exciting Chapo Figueroa, Dwayne Hardaway and Jean “Chucky” Ramos

Save the date July 30th, the first match will take place at 7:00 pm

Tickets are on sale at the gym.

\$25, \$35, \$50, \$75 and \$100

Roc Boxing and Fitness to send three Amateur Boxers, 2 Coaches and a Bowler to the Empire State Games

Dena Resnick, Kameran Burroughs and Jayme Resnick will be boxing in Binghamton, Broome County at the 30th annual Empire State Games. Also Coaches Armando Munoz and Bernie Barco will be Coaches for

the Western region. Our own Billy Stoddard will be representing the Western region bowling team. Good luck to all, the ESG will start on July 23rd thru July 27th.

Workout tip of the Month

*“no pain no gain” I don’t think so,
“Train hard but smart”
That’s better...*

“Train hard but smart”, not “no pain no gain”. Challenge yourself with short intense workouts 8-30 minutes is all you need. A workout does not have to be 1-2 hours long to be good, at the Roc if you have taken any of our classes you will see that we divide the workouts into 4 blocks.

1. Warm-up and dynamic stretching (jump rope and joint mobility movements)
2. Skill development, learn and practice technique
3. Boxing specific conditioning, bag work, shadow box and mitt work
4. Conditioning, using the HIIT principal (high intense interval training) (stations and circuits) using both equipment and bodyweight exercises

We have posted workout suggestions on the white board to supplement your boxing workouts.

Remember “Train hard but smart” not “no pain no gain”.

Coach Dom

This section will be devoted to workout type articles prepared by Coach Dom, Bob Urtis and Chris Haarstick.

Nutritional tip of the Month

Raw almonds are a great source of protein and a healthy, delicious snack. One of my tricks is to premeasured and bag the almonds in snack size zip locks. I buy a 2 pound bag of almonds, and then measure out a 1/3 of a cup into each zip lock bag. This should give you a month’s supply

of healthy snacks and keep you away from the vending machines.

This section will be devoted to Nutritional tips and recipes