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Profile essay

The Struggle

Many Pacquiao is one of the most prestigious boxers to ever come through boxing with a 54-5 record. Even with such a great record, with one more loss, it could be his last one. For many amateur boxers out there, they feel like every fight is their last fight.

The career of an amateur boxer is a difficult one. When they are trying to become a professional, they almost have no room for error. They have to rely heavily on their training. Who they pick as their personal trainer can make or break them. The trainer has a lot of weight that he has to carry to ensure that his boxer has all the tools to succeed in every fight.

Trainers have numerous responsibilities ranging from making exercise plans for the day to making meal plans you to gain or lose weight. Trainers spend long hours making these plans up so that their fighter. Many trainers have them work on speed bag, heavy bag, and use the jump rope. These exercises are vital to a fighter's success.

Trainers are also there to instill confidence in you and let you know how your technique is. According to Justin Watt, an amateur boxer in Pittsburgh Pennsylvania, when in the middle of a match your adrenaline is pumping and you are not focused on your technique, this is where it is nice to have a trainer in your corner helping you out. Trainers are also there to keep you level headed in a fight, whether you are winning drastically, and he needs to keep you focused so you

do not mess it up; or to get you back in the fight mentally if you are not doing as well as you have planned. Panicking in a fight is the worst possible thing that can happen, which is why your trainer is there to remind you of your training.

The technique your trainer's shows you and combinations he has you do are to help you in your fight. Trainers have the boxer do it over and over again so they do not have to think about it once they are in the fight; it is second nature to them. Since they will not have to think it helps them do better because then they will just react and have a better chance of completely overpowering their opponent so that they can become a professional fighter one day. "The work I do on the heavy bag really helps me come fight time. I have a record of 16-1 and I owe it all to the work my trainer makes me do on the bag. I hardly ever have to think of what combinations I should through" (Justin Watt).

There is more to training than just hitting the heavy bag and sparring with a partner. Amateur boxers hit the speed bag to gain quicker hands so they can land more punches in a short period of time. Fighters also do a lot of jump roping to get quick feet and stamina. Amateur boxers find this helpful at the amateur level because they can wear the opponent down and then finish them off quickly with the quick punches. It also helps prepare them for the professionals since those fighters already have that edge they need to be able to compete with them. The hardest thing for amateur boxers to gain is the stamina to last an entire fight.

Many times in amateur boxing when they go into the deeper rounds, the fights start to get less interesting because both fighters are worn out and have nothing left in the tank because they are used to knocking people out in the earlier rounds. Amateur boxers have to run far distances and then do another exercise after that if they want to go further in their career since the higher

levels of boxing tend to have longer fight. Winning fights is crucial for those who want to make it big, especially since they will not have many fights at the amateur level.

Those who have a legitimate shot at going professional in boxing have fewer fights because they are only allowed to fight the best of the best. This shows the scouts if they really have what it takes to move on. If they can only beat the scrubs, it does not do them any good because they will just get demolished against the better competition. This is when the real struggle is because every fight means something. If you lose your hopes and dreams can very well be demolished.

The life of an amateur fighter is not an easy one. It takes a great amount of time and effort. No matter how much effort one puts into their training and listening to everything that their trainer says, they are still not guaranteed a job as a professional fighter. It is a rough life, running, sparing, and working on combinations to through in the fights they are in. When they get better the fights become more intense and have more on the line; it is make or break. It is a tough road and many do not make it, it is indeed a struggle.