

## Klitschko's tent show comes to PGA National

Boxing Friday at PGA National

What: A lineup of local fighters will compete at 8 p.m. Friday at 400 Ave. of the Champions, Palm Beach Gardens.

On the card: Fighters include heavyweight Kasim Howard of West Palm Beach, middleweight Ibaheem King of West Palm Beach, Coconut Creek cruiserweight Dyah Ali Davis, Port Charlotte cruiserweight Theo Kruger, welterweight Max Cuevas of West Palm Beach and female flyweights Marisol Miranda of Hollywood and Marianne Chubirka of Vero Beach. The lineup is subject to change.

Tickets: \$25, \$35, \$55 and \$75.

Details: (800) 633-9150.

But it is here that a monument to boxing stands in a parking lot next to the spa.

Peek inside the white tent and see a 6-foot-6 Ukrainian nicknamed Dr. Steelhammer throw a barrage of punches. He doesn't need a 9-iron for these rounds.

Wladimir Klitschko, the No. 1 heavyweight in the world, is holding training camp at PGA National Resort Spa, where Sugar Ray Leonard trained 12 years ago.

Anyone who wants to see Klitschko hurl a medicine ball or hurt a heavy bag can have a seat on a folding chair and watch.

We have all the people in the gym. It gives spirit to the gym, Klitschko said. Athletes are artists. The ring is the stage. We need an audience. ... This is perfect.

Klitschko (49-3) is preparing for a title-unification bout Feb. 23 at Madison Square Garden against Russian Sultan Ibragimov (22-0-1), who lives in Hallandale Beach and is training in Pompano Beach.

That's two fighters from the old Soviet bloc working out a county apart in South Florida.

Klitschko's trainer, HBO commentator and legendary cornerman Emmanuel Steward, said it's no surprise.

Florida is the training capital of the world, said Steward, who lives in Detroit. He has worked training camps for Lennox Lewis, Michael Moorer and Jermain Taylor in South Florida.

Steward said boxers are drawn to Florida for an obvious reason.

Boxers don't want to worry about slipping and falling on ice when they're running, he said. Or catching a cold in the cold.

Klitschko takes no chances. On a chilly day, he brought heat lamps for the tent.

Our guests are enjoying the fact we have the heavyweight working out in the parking lot, said James Gelfand, vice president of sales and marketing at PGA National. We're thrilled to play in a different world.

He said boxing fits in with the resort's effort to be more hip. Many guests, he said, appreciate the glamorous side of the sport.

Friday night, the resort will host its first boxing show in its 840-seat ballroom. The card features fighters from local gyms, not the big names training in the tent.

Klitschko, 31, will risk his IBF and IBO heavyweight titles when he faces Ibragimov, 32, who holds the WBO belt.

Klitschko is enjoying his training here, where he is surrounded by members of his team.

The camp represents more than just training for a fighter, Steward said. It's friends and family getting together.

At his temporary home here, Klitschko has a full-time cook. But the fighter also grills lamb chops marinated in wine for his entourage.

He typically trains in the Poconos in Pennsylvania but decided to come here after a conversation about golf at Oktoberfest in his adopted hometown of Hamburg, Germany.

His pal, Jurgen Rassman, whose company does marketing for PGA National, was raving about the resort.

Soon enough, Klitschko wanted to train in the same time zone as New York in a city with boxing fans, fair weather and a suitable gym. Rassman, who has lived at PGA National for 20 years, arranged for a tent and Klitschko moved in three weeks ago.

It is logic. Conditions here are perfect, Klitschko said.

He has not golfed, though, because he says he is a 36 handicap and can't tolerate the daylong depression a round would bring. But Steward, 63, played for the first time in his life Wednesday.

Steward also is working with 10th-ranked cruiserweight Jonathan Banks and undefeated Irish middleweight Andy Lee in the PGA National tent.

The tent has a ring, a heavy bag, a full-length mirror and three flat-screen TVs on which Klitschko watches a constant rotation of Ibragimov's past wins.

Klitschko works out to Salt-N-Pepa's Push It and attempts to dance to Tone Loc's Wild Thing in between grueling rounds.

Klitschko designs his own workout routine, having earned a Ph.D. in sports science (hence the nickname Doctor).

Despite being 245 pounds of solid muscle, there are no weights here.

We train the old-fashioned way, Steward said. Beat the bags, do the sit-ups. Box.

Visitors from Seattle and Cleveland and Lancaster, Pa., stop by with golf bags draped over their shoulders to gawk at the athlete they variously describe as Drago (from Rocky IV), Robo-Cop and Terminator.

Carol Mazanec of Jupiter Island was curious about the tent and impressed when she learned who was inside.

I'm a big boxing fan. I'm going to be here every day, she said. Last week I went to Palm Meadows and watched the thoroughbreds work out. He's much more physical.

If you go

Wladimir Klitschko typically trains weekdays from 4-6 p.m. in his tent at PGA National Resort and Spa. Sessions run through Feb. 17. Admission is free.

PGA National is on PGA Boulevard west of Florida's Turnpike in Palm Beach Gardens.

The Klitschko-Ibragimov fight will be broadcast live on HBO at 9:30 p.m. Feb. 23.

Www.todaysports.cn April 9, 2007 10:17:18

Municipalities Sports Bureau, Zhejiang Vocational College Sports:

According to the Office of Personnel Zhejiang Province, Zhejiang Province Sports Bureau on the foreign language examination sports coaches titles in matters relating to notice (All of the people 2006 118) spirit of the document, do a really good job for the 2007 sports coaches province language

examinations Title work, the study, foreign language titles coaches decided to hold training courses. The relevant matters are now notice reads as follows:

A training target:

Where declaration sports coaches, technical qualifications of the senior professional staff, coaches can participate in the foreign language training titles.

Second, the level of training, teaching materials and methods:

(1) for English language training, training level is divided into A, B, C 3. A declaration of national-level coaches participate in the training, instructors participate in the declaration of class B, C declare a coach to participate in the training class.

(B) the use of the training materials reunification published by the State General Administration of Sport sports coaches English.

(C) the main way for face-to-face training and distance learning.

Third, the implementation of training:

2007 provincial sports coaches from training foreign language titles Zhejiang Sports responsible for the implementation of specific training centre.

Fourth, the training time:

Mid-May to late August.

Five other:

Examination and examination fees for standard by province Commodities, the Department of Finance regulations. Specific matters, further notice.

2007 Foreign Language Title province sports coaches training specific matters

Notice

According to the Zhejiang Provincial Sports Bureau on the 2007 Foreign Language Training titles sports coaches notice of the matter (All of the 2007 81) spirit of the 2007 integration

Fertility coaches training and competition led by the actual situation, the relevant training specific issues notice reads as follows:

First, training methods and materials

(1) training: focus on teaching, distance learning

(B) training materials: Sports Coaches English (training provided)

Second, training time: 5 months late - Aug. late.

Specific divided into three stages:

(1) focus on the medium of instruction, for 5

About the Author

From [www.palmbeachpost.com](http://www.palmbeachpost.com):

Provides overview of training facilities available to visiting sports teams and athletic directors. Lists facility staff member information.

He is majoring in Athletic Training and later on hopes to become a Physical Therapist. His passion for fitness comes from playing and training.

Speed coaches and sports sepcific trainiers are in high demand by athletes and teams. Learn about fitness jobs, view job postings, and get industry.

The only difference between a Pro Sports Trainer, Cardio Trainer and Executive. The Pro Sports Trainer has a basic display, while the Executive.

The ultimate in developing home run power at all levels! Gain 20 times the muscle memory, responsive reaction.

Authors Kathy Fulcher and Patrick Fox are certified sports trainers. Their book offers guidelines to both beginners and experienced.

If you would like to become an accredited Level 1 Sports trainer you will need to complete the L1 Sports trainers course, please refer to the education.

Hopkins Undergrad Creates Advanced Computerized Sports Trainer. What began as a class project for a Johns Hopkins University undergraduate.

Source: <http://www.productsherbal.com>