



MICHIGAN GOLDEN GLOVES ASSOCIATION, INC.

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Dennis Shimmell and Jordan Shimmell finish training camp in Colorado Springs

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Coach Dennis Shimmell returned from a training camp in Colorado Springs, CO. The training camp was held at the U.S. Olympic Training Center (OTC) where many U.S. Olympians train. Info about the OTC can be found at: <http://www.usoc.org/content/index/1374>. There are over a dozen sports that train at the OTC on a regular basis. Dennis Shimmell was one of three coaches who put the top boxers through their paces at the camp. The camp was called a "Depth Camp" and was for the top guys in the heaviest three weight divisions – 81kg (178#), 91kg (201#) and 91+kg (201+#). The athletes at the camp included at 91+kg: Michael Hunter, Javier Torres and J'von Wallace; 91kg: **Jordan Shimmell**, Nicholas Kisner, Javonta Charles, and Anthony Mack; 81kg: Robert Brant, Siju Shabbazz, Thomas Williams, Steve Geffard and Dorian Anthony.

Dennis Shimmell enjoyed coaching the top U.S. boxers and worked hard to teach each boxer something to help them improve so that the boxers who end up representing the U.S. in the 2012 London Olympics will win medals. Dennis got to know the boxers better during the week and hopes to continue to assist them in any way possible during their boxing careers.

Jordan Shimmell was selected as Team Captain by the High Performance Director at the beginning of the camp. It is quite obvious that he made the right choice as Jordan lead the team in all the drills, warm-ups, wake-up/bed checks, assisting other guys if they had any issues or problems, etc. In the boxing drills, Jordan was one of the guys doing the best. In the team runs, Jordan was ahead of most and only trailed a few guys. In the strength and conditioning drills he was ahead of most of the other boxers. Jordan demonstrated why he was chosen as the Team Captain both for the USA vs. Italy training camp and dual from July 4 – July 13 and during the Depth Camp.

The training camp was a great experience for both Dennis Shimmell and Jordan Shimmell. Both will benefit from the week they spent with the United States' elite boxers and coaches. Dennis and Jordan Shimmell will now work at their gym, the Michigan Golden Gloves Association Boxing Gym, for a week prior to Jordan going back to the OTC for a final one week prep camp prior to leaving for the 2009 AIBA World Boxing Championships in Milan, Italy on August 24, 2009. The U.S. boxing team will have a one week acclimation camp prior to the start of the tournament. The World Boxing Championships will be held in Milan from August 31 – September 12, 2009.



AP photo: Jordan Shimmell shows off his USA Boxing National Championship belt

For additional information on the upcoming schedule or about Jordan Shimmell, please contact Dennis Shimmell, Jr. at (616) 560-8622.



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