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Cintron Starts Training At Historic Ali Camp

By WithinTheRing.com

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by: Jeff Julian on June 20, 2004

Welterweight contender Kermit "The Killer" Cintron started his training camp on June 14th at the site of Muhammad Ali's former training camp at Deer Lake, Pennsylvania. For the first time in 23 years, a ring takes center stage in the same rustic gym that saw "The Greatest" work his magic. Once again, the walls echo with the sounds of leather meeting leather and trainers shouting instructions. Cintron becomes the first boxer to use this historic facility since Ali last trained here for his final bout against Trevor Berbick in 1981. "This is what I need - get out of the city and concentrate on boxing," commented Cintron. "Nobody bothers me here. The running is harder here, but it's getting me in great shape. I see what Ali went through in his routine - running 3 to 4 miles - uphill, downhill. There's a lot of history here and also I can concentrate and relax more."

Ali started building the camp he called "Fighter's Heaven" in 1972. Many fans, sportswriters and the just plain curious came here to watch him train. The place was also a magnet for the celebrities of the day. Everyone from Frank Sinatra, Sammy Davis Jr. and Elvis Presley to The Jackson Five, Dizzy Gillespie and Andy Warhol came to Deer Lake to call on "The Greatest". Other fighters who have trained here in the past, some early in their careers as sparring partners to The Champ, included the likes of Larry Holmes, Tim Witherspoon, Eddie Mustafa Muhammad and Earnie Shavers. Cintron's trainer and co-manager Marshall Kauffman reflected on being here: "Just to know that we're here at the same spot that Ali trained, where the greatest fighter of all time trained, makes me feel good and helps Kermit to focus. The environment here makes a big difference. This is our first real training camp and to have it here at this historic site - that's the biggest joy of all." Joe Pastore, Cintron's co-manager and strength conditioning coach adds, "This is a good place for relaxation and focus. Box, eat, sleep - train, train, train! If this was good enough for The Greatest, it's certainly good enough for The Killer."

Team Cintron is enjoying the solitude and the atmosphere of this fabled place as they prepare for the

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upcoming HBO televised bout with Teddy Reid on July 17th in Houston. Besides the hours of training and sparring, they are relaxing, playing basketball and enjoying meals at the huge table in the dining hall where so many famous people sat to share a meal and talk with the most famous man on the planet. Something about this modest plot of land on a mountaintop near the coal regions of Pennsylvania intrigued and revitalized Muhammad Ali. It was at Deer Lake that Ali forged the stamina and honed his pugilistic skills to win two of his and the boxing world's greatest battles in the ring - the "Rumble in the Jungle" against George Foreman and the "Thrilla in Manila" against Joe Frazier. Team Cintron hopes to capture some of that energy and magic. We will have updates and constantly be adding photos from this memorable camp in the "Team Cintron" GALLERY section of this website.

Article submitted courtesy <http://www.withinthering.com>

Choosing the Right Camp For Your Kid

By L. C. Peterson

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Camps have long been a rite of passage for children. It's never too early to research productive and fun activities for our kids. These explorations help develop confidence in our children.

Here is a Top 10 checklist to get started. Find answers to these questions by writing, calling, visiting the camps, seeking referrals, or surfing the camp's website.

1. Director: Does the director seem to care about and understand kids? What are his or her qualifications and experience?
2. Staff: Does the camp have enough staff members to back up the counselors? What are the staff and instructors' qualifications? Do they support the objectives of the camp? Can the teachers relate to the students? What training occurs for staff and counselors before the camp opens? How long is the training period? Are there pre-camp training opportunities for staff and counselors during the year?
3. Counselors: What is the camper to counselor ratio? How old are the counselors? Are there any special qualifications required to work at the camp? Does the camp have a junior counselor or counselor-in-training program?

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4. Objectives: What are the objectives of the camp? Are the objectives carried out in the activities of the camp?

5. Flexibility: Are the camp's programs flexible? If your child has already had a particular course or activity, is it possible for him or her to attend an alternate activity?

6. Balance: Does the camp allow for a balance between learning and fun? How is the camp structured for the hours after classes or activities?

7. References: Do campers who have been there before recommend the camp? How about parents of campers who have been there? What do they say?

8. Resources: Does the camp have a nurse, EMT, or doctor on-call? Are emergency procedures taught to counselors and staff?

9. Orientation; Do the campers get a chance to know each other and their counselors a little before the camp moves into full swing?

10. Accreditation: Is the camp accredited by the American Camping Association or another camping association?

L. C. Peterson is a freelance writer and web marketing consultant. More writer's tips are at <http://www.salesandtales.com> and <http://www.lcpeterson.com>.



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