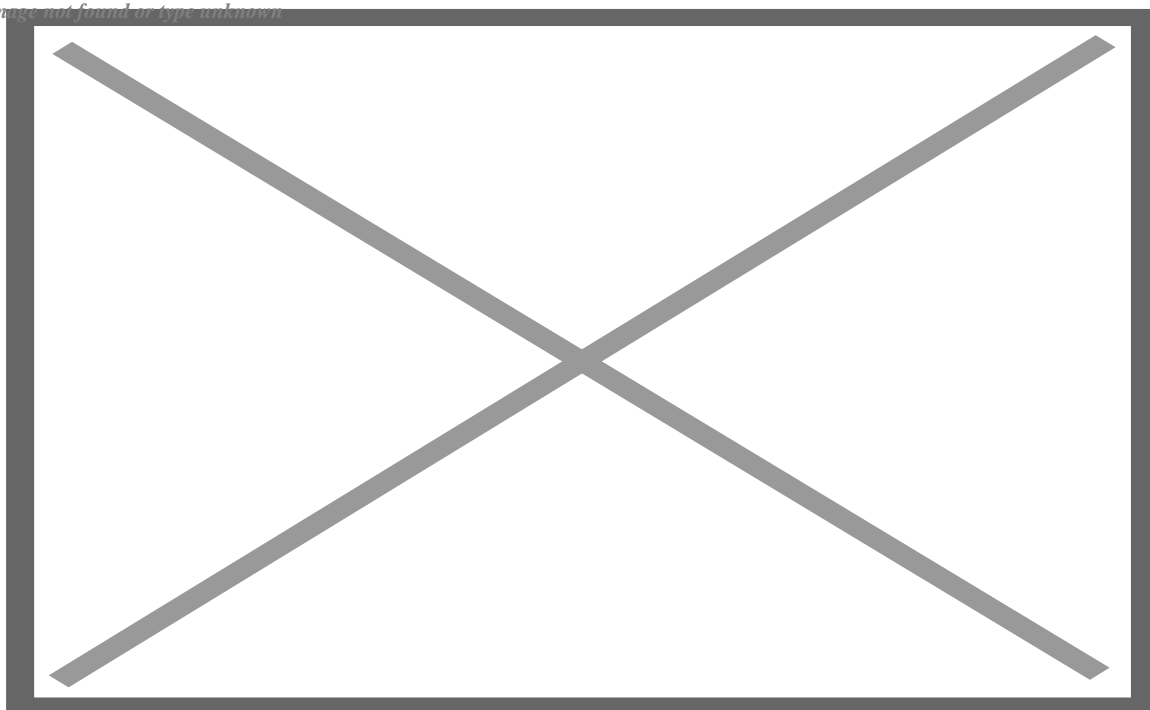


Cuba to reedit its reign in the World Boxing Championship

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Training in Tashkent / Photo: JIT

Havana, April 29 (RHC)-- As it happened in recent days, the team that will represent Cuba at the World Boxing Championship in Tashkent 2023 turned its Saturday visit to the gymnasium of the Uzbek federation of that sport into a party.

With proven stars and rising youngsters alike, the Cuban team sealed a stage that, according to its head coach Rolando Acebal, was characterized by the maximum use of each day.

"The purpose of working well during these 10 days at the venue was fulfilled," he said in the run-up to the world event, which begins on Monday with actions in 13 weight categories that will host fighters from more than 100 countries.

The strategist pondered the results of four sparring sessions and one of joint work with the best men at home, and was optimistic about the goal of retaining the national title won in Belgrade 2021.

"Everything went as planned, without injuries or other imponderables, and the athletes responded to the demands of the Uzbeks", said Acebal before pointing out that the local coaches used more than one exponent in several divisions.

He explained that this context contributed to the desired competitive modeling, with the established players established as pillars of the squad and the newcomers demonstrating the necessary level to complement them.

The opinions of the successful trainer were supported from the medical point of view by Dr. Rafael Lerena, who highlighted the successful adaptation to the time change and the progression of the evaluated parameters.

"After a beginning in which the physiological response was very high and the recovery was very slow, the physiological and metabolic levels are excellent", said the doctor about the members of the team led by Julio César La Cruz (92 kg).

Julio leads the vanguard also formed by two-time Olympic champions Roniel Iglesias (67 kg) and Arlen Lopez (80 kg), three-time world champion Lazaro Alvarez (60 kg) and gold medalist Yoennis Hernandez (75 kg).

Yosbany Veitía (54 kg), gold medalist at Hamburg 2017, and debutants at this level like Alejandro Claro (48 kg), Erilán Romero (51 kg), Saidel Horta (57 kg), Erislandis Álvarez (60 kg), Jorge Cuéllar (71 kg), Nelson Williams (86 kg) and Fernando Arzola (+92 kg), are the others called to the ranks.

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