

APRIL 9 "ACTION HEROES" CAMP NOTES

Part 2 - Undercard Working Hard

Las Vegas, NV (March 17) - Training camp continues to heat up for the April 9 "Action Heroes" pay-per-view fighters whose training camps are in full swing around the globe. Robert "The Ghost" Guerrero and Michael Katsidis "The Great," who will meet in an explosive 12-round lightweight battle immediately before the main event, are sticking to their usual training regimens that have helped the two fighters compile 55 wins between them. "Action Heroes" will take place at MGM Grand in Las Vegas, Nev. and televised live on HBO Pay-Per-View®.

ROBERT "THE GHOST" GUERRERO - VIVA LAS VEGAS

Robert "The Ghost" Guerrero is training in Las Vegas (at Johnny Tocco's and Pound for Pound Gyms) for the first time in his career. Why did he make the move to "Sin City?"

"Since my wife is cancer free, I am able to move camp to Las Vegas, away from distractions at home," said Guerrero. "Plus, I'm fighting here so I figure I will get used to the atmosphere in Las Vegas."

Guerrero stepped away from the ring for eight months in 2010 to care for his ailing wife Casey, but now that her cancer is in full remission, Guerrero has been able to reestablish himself as one of the top-rated lightweights in the sport. Despite the change of location, everything else in Guerrero's camp has remained the same. Regular camp members who made the trip with Guerrero to Vegas include his head trainer and father Ruben Guerrero, who has been in his corner since he first walked into a boxing gym at age nine, and Guerrero's manager/nutritionist Bob Santos who keeps his diet on track with fruits, vegetables and proteins.

"As far as my training routine, we are keeping everything the same as if we were back at home," Guerrero continued. "My thinking is why would I change something that has been working?"

The biggest obstacle involved with changing locations for Team Guerrero has been getting a lay of the land.

"Because this is our first camp in Las Vegas, we have to get used to the area in terms of where everything is located. We had to find the grocery stores, gyms, etc., but we have a good routine now," said Guerrero.

MICHAEL KATSIDIS "THE GREAT" - THE SIMPLE BARE NECESSITIES

Camp Notes For Guerrero, Katsidis, Ahead Of April 9 PPV

Written by The Sweet Science
Thursday, 17 March 2011 17:08

Camp Location: Pai, Thailand (near Chang Mai) and Naklua, Thailand (near Bangkok)

Michael Katsidis "The Great" is a fighter who marches to the beat of his own training drum. While it is not uncommon for fighters to isolate themselves during training, Katsidis takes this to another level as he trains in Thailand and travels over 3,600 miles from his native Towoomba, Australia for camp. For over seven years, Katsidis has called Thailand his pre-fight home as his team owns and operates three private training locations in the country.

Katsidis enjoys the simple, humble lifestyle that Thailand offers. He does not rely on state-of-the-art training equipment, but rather the bare necessities. (See photo of Flintstone-like weights made of stones.)

"I would say our camps are very 'old school,'" said Katsidis. "In order to make it through, you have to be hungry. I leave little room for luxuries to distract me from my goals. During down time, I like to read or watch movies to relax my mind, but I mostly rest in preparation for the next day's work."

Katsidis' trainer/manager Brendon Smith has been with the Australian warrior since he was 11 years old and works closely with Katsidis to oversee their three training facilities. With training times varying as they move from location to location, there is not usually a regimented training schedule.

"If it's not broken, we don't fix it," continued Katsidis. "We have had really great camps here and I am learning from each one. There aren't any major adjustments from camp-to-camp. The one difference this time is that I am fighting a southpaw and there are adjustments to be made there, but otherwise, everything is standard practice."

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"Action Heroes," featuring Morales vs. Maidana in a 12-round junior welterweight bout and Guerrero vs. Katsidis in a 12-round lightweight battle is presented by Golden Boy Promotions in association with Erik Morales' Box Latino and Universum Box Promotions and sponsored by Cerveza Tecate, AT&T, DeWalt Tools and Tres Generaciones. Guerrero vs. Katsidis is presented in association with Sampson Boxing. The bouts will be produced and distributed live on HBO Pay-Per-View beginning at 9:00 p.m. ET/6:00 p.m. PT.

Tickets for "Action Heroes" priced at \$350, \$250, \$150, \$75, \$50 and \$25 are on sale now and available to charge by phone with a major credit card, call Ticketmaster at (800) 745-3000. Tickets also are available for purchase at www.mgmgrand.com or www.ticketmaster.com.

A stacked slate of undercard bouts, including the rest of the HBO Pay-Per-View broadcast, will be announced at a later date. For more information, visit www.goldenboypromotions.com, on Twitter at @GoldenBoyBoxing, @boxlatino, @terrible100, @ChinoMaidana, @TeamGuerrero, @MickKatsidis or become a fan on Facebook at www.facebook.com/GoldenBoyBoxing. Follow HBO Boxing news at www.hbo.com/boxing, Facebook at www.facebook.com/hboboxing and on

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The Morales vs. Maidana pay-per-view telecast, which begins at 9:00 p.m. ET / 6:00 p.m. PT, has a suggested retail price of \$44.95, will be produced and distributed by HBO Pay-Per-View® and will be available to more than 71 million pay-per-view homes. The telecast will be available in HD-TV for those viewers who can receive HD. HBO Pay-Per-View, a division of Home Box Office, Inc., is the leading supplier of event programming to the pay-per-view industry. For Morales vs. Maidana fight week updates, log on to www.hbo.com.

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