

PUTTING ON HIS OTHER GLOVES



After a long day, letter carriers sometimes feel like we've taken a beating, but it's nothing compared to **Benny Sinakin**.

At age 22, the Philadelphia, PA Branch 157 member has a 5-0 record as a professional boxer, and he's just getting started.

"I see myself as a world champion," Sinakin said. "I love this sport."

Sinakin's secret to success is perseverance, both in and out of the ring. The daily grind of training comes easy for this member of a family of boxers—his father, Lincoln "Pops" Sinakin, is a former fighter who now manages his son. Benny's grandfather, great uncle and brother also boxed. Benny first put on boxing gloves at age 12.

"My training and all that stuff that other people might hate, it's not difficult for me to get up in the morning and want to go do it," he said. "I've been doing it since I was so young, it's a part of me now." As a CCA, he wrapped his training regimen of long runs, exercises and shadow boxing around a 10-to-11-hour day, six days a week work schedule. Sinakin said that walking a route doesn't hinder his training regimen, because he loves to train.

His tenacity earned Sinakin, who competes in the light heavyweight division, the nicknames "Bulldog Benny" and "The Jewish Bulldog." Sinakin's father, a native Philadelphian, is Jewish; his mother hails from the Caribbean island of Saint Vincent.

Sinakin embraced the second nickname by fighting with a Star of David and "TJB" emblazoned on his trunks. He takes his faith into the ring in other ways—before each fight, Sinakin and his team circle together as he and his father recite the *Shema*, a Jewish daily prayer, in Hebrew and English. Sinakin

then recites a prayer of his own: "Please give me the strength of Samson; please give me the courage of King David; and please give me the wisdom of King Solomon."

After two consecutive victories in Philadelphia's Golden Gloves amateur boxing tourney as a teenager and a 16-4 amateur record, Sinakin turned professional in 2018. Three of his five victories were knockouts. His next bout is scheduled for March 7 at Philadelphia's Metropolitan Opera House, aka the Philly Met.

Sinakin recalls a moment in his fourth fight, also at the Philly Met, that demonstrated his bulldog character.

"He was a very, very experienced fighter, and I ended up getting knocked down," he said of his opponent. "But when I got back up off the canvas, it showed what type of fighter I really am." After standing up and shaking it off, Sinakin won a unanimous decision and the adulation of the fans.

"Walking through the crowd and hearing everyone talk about it," he said, "was like a surreal moment for me."

To pay the bills, Sinakin worked construction for a while before joining the Postal Service in 2018, shortly before his first professional fight.

"I wanted a better-paying job with benefits and a union," he said. "It's one of the best things I ever did."

Before recently converting from CCA to career status, Sinakin worked in Philadelphia's 30th Street station. When he started his job, he instantly felt the love from his postal co-workers.

"It's like a giant family over there, everyone supports everyone—I have nothing but great things to say about my time at 30th Street Station," he said. "A lot of people from the Post Office came out to my fights and supported me." **PR**



Benny Sinakin

Sinakin won his pro debut against Alex Lara on Oct. 2, 2018.

