

Locked and reloaded

New-look Biosse seeking retribution following first career loss

PROVIDENCE, R.I. (Aug. 10, 2011) – Whoever happens to be standing across from **Vladine Biosse** when “Mr. Providence” makes his long-awaited return to the ring later this year might be forced to bear the brunt of Biosse’s pent-up frustration.

“We’re in the gym ready to kill somebody,” Biosse said. “I hope the next guy is training hard.”



The formerly-unbeaten super middleweight from Providence, R.I., is eagerly anticipating his next fight after suffering his first loss on May 6th at Foxwoods Resort Casino’s Fox Theater against Russian challenger **Denis Grachev**, who dropped Biosse three times in the fourth round en route to a knockout victory.

The loss, which occurred one month after Biosse knocked out **Tim Connors** in the co-feature of ESPN’s “Friday Night Fights,” turned out to be a humbling experience for the former University of Rhode Island football star, who now has a better sense of how to prepare accordingly for an upcoming fight.

“Even though I work hard – and I know I always say it, but I don’t see anyone who works harder than me in this sport, period – I learned it’s not just about working hard, but being smart with all the hard work,” Biosse said.

“That’s what got me in trouble in the last fight. Props to my opponent; he was very sharp and he capitalized on the opportunity, but I was definitely burned out. Seeing as though I had fought a month earlier and then went right back into the gym that following Monday, it’s clear I just over-trained myself.

“After three or four rounds, I’m usually just warming up. This time, after three rounds I was done and he was hitting me with everything he wanted to hit me with.”

A lot has changed for Biosse since the loss to Grachev. After reevaluating his future with trainer Orlando Valles and manager Quint Dow Sr., Biosse decided to leave Manfredo’s Gym in Pawtucket, R.I., and will soon have a new home upstairs from Dow’s Quintco Trucking, Inc., headquarters in nearby Rumford.

Until the new facility opens, Biosse (11-1, 6 KOs) will continue to work out at various gyms, including Balletto’s Gym in Providence, 401 Boxing in Cranston and Grundy’s Gym in Central Falls.

“Just being able to have my own place will be a very exciting situation for me,” Biosse said. “This is my house. I don’t have to be underneath anyone or feel pressured by anyone. I’m calling most of the shots. I’ll be comfortable, which is important, especially in this sport because you need to be in your own comfort zone.”

Though there are no scheduled fights on the horizon, Biosse has continued to train as if he’s preparing for his next opponent. After taking two weeks to heal his wounds, Biosse jumped right back into sparring, strength and conditioning, and the mobility drills he’s grown accustomed to under Valles’ tutelage.

“I’ve got big shoes to fill,” Biosse said, “and a lot of wrongs to right. I want to get back in there as soon as possible. I actually wanted to get back in there on [July 29th at Mohegan Sun]. A lot of people asked me, ‘Do you feel derailed?’ No, I feel good. I feel eager to get back in there, get back to work and get back to the pace I had going.

“When you have an arena full of people screaming your name and you’re the main event, it’s your job to put on a good show for them and keep them excited. If I fail them like I did in the last fight, I feel responsible to go back in there. To the people who support me, I thank you. I feel like I owe you one.”

Biosse has already accomplished more in two years than most fighters accomplish in a lifetime, including two appearances on national television in front of 42 million homes, though some of his critics suggest he’s moving too fast, especially since he fought his first eight-round bout against **Joey McCree** on ESPN only two months after beating **Joe Gardner** in a four-rounder.

“A lot of people say that, but I disagree,” Biosse said. “I’m 29; I had a late start, so I think we’re moving at the right pace. People have their own opinions, but what makes the difference is the people around me – my promoter [Jimmy Burchfield Sr.], my manager, my coach – are capable of making those decisions. Whatever the team decides as a whole is what we’re going to do.

“People on Facebook and Twitter are asking me if I’m packing it up. I haven’t even gotten started yet! I just got in this game. I’m as motivated now as I’ve ever been.”

Strangely enough, this loss might’ve been just what Biosse needed to avoid the pitfalls that often derail a young up-and-comer who achieves immediate success. The good news, as Biosse puts it, is “it happened early in my career.”

“This loss humbled me and gave me even more hunger to go get it. I understand there’s so much to accomplish and that I haven’t even gotten there yet. Of course, it was devastating. No one wants to lose, but it was a learning experience. I’m way smarter because of that situation, and I’m definitely preparing myself in better and smarter ways. To my fans, stay tuned. There’s plenty more to come.”

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