



Marion "FIRST LADY" Shields

“Avoid biting when a simple growl will do.” For the First Lady of Rock Steady Boxing Montgomery County (RSB MoCo), this personal philosophy is her advice for all fighters, even the professional boxer. Marion “First Lady” Shields’ convivial, yet feisty, personality sparks the fires of fresh air which transcend the RSB MoCo boxing gym and the spirit of the community. “Working alongside fighters and coaches who completely understand the challenges of PD builds trust and confidence,” Marion contends.



However, it is her brave soul, witty sense of humor, vivacious determination and fearless persona that is admired most by her RSB MoCo coaches and fellow fighters.

While Marion “First Lady” Shields would argue that Lucille Ball—actress, comedian, film-studio executive and producer—was a true first lady, RSB MoCo knows that it is Marion’s relentless fight, mean right uppercut, bright captivating smile and warm heart that crown her “First Lady”. “RSB MoCo means much more to me than boxing. It is the place where I can actively fight back against PD. It empowers

me and gives me hope. The sessions are hard work but it always ends up being fun and rewarding.” From her days of competing in Madison Square Garden showing horses, to her current title of “Angry Birds Friends World Champion,” our “First Lady” fighter is adored by many and feared in the boxing ring by her closest friends and family. Yet, when we asked the “golden-heart-red-glove-wearing” fearless fighter what the most amazing thing is she ever witnessed, she quoted “Angel [RSB MoCo Head Coach] throwing a punch is the fastest thing I’ve ever seen. Absolutely amazing!”

As a lover of all kinds of music, specifically classic rock, Marion “First Lady” Shields enjoys entertaining her friends and family, partying, swimming, traveling to return to her Italian roots and dancing to “All About That Bass.” When she is not in the boxing gym training and fighting with all her heart, the First Lady volunteers her time to the Golden Retriever Rescue by caring and providing a home for dogs in need. Firmly rooted in the belief that “there is always a way to turn lemons into lemonade,” Marion “First Lady” Shields is committed to never giving up and to always fighting back—uppercut after uppercut. “Never underestimate a woman and never judge a book by its cover.”