

Chicago's Mario Herrera Shares Coaching Lessons and Community Focus Ahead of 2026 Season

Undefeated boxer and CPD officer Mario Herrera credits coach Fernando Perez for the disciplined approach that now guides his work with the youth across the city

CHICAGO, IL, UNITED STATES, October 31, 2025 /EINPresswire.com/ -- [Mario Herrera](#), an undefeated professional boxer and active Chicago police officer, is using his platform to highlight the teaching methods of longtime coach Fernando Perez and to motivate young fighters to train with purpose and patience. Herrera, 28, holds a professional record of 9-0-1 with seven knockouts and competes in the super-middleweight division.



Chicago's undefeated boxer Mario Herrera trains alongside longtime coach Fernando Perez, the mentor who helped turn raw determination into professional discipline.

Known for his counter-punching precision and calm under pressure, he says his success comes from slowing the sport down to its fundamentals. "Coach Fernando always tells me, 'Don't rush the fight,'" Herrera said. "He taught me to think, breathe, and stay composed — in the ring and in life. That lesson has carried me through everything." Working overnight patrols and training afternoons, Herrera has built a life around faith and structure. His coach's methodical style, centered on footwork, timing, and ring IQ, has helped him stay undefeated while balancing two demanding callings. Perez says the goal is to make every round a classroom. "When we train, I study as much as he sweats," Herrera said. "It's about learning how to make smart decisions under pressure. That's what separates good fighters from great ones." Herrera also shares those lessons with younger athletes who seek guidance at local boxing gyms.

He often helps during clinics or film sessions, showing the same drills and tactical breakdowns Perez used to shape his own career. The approach emphasizes awareness, respect, and emotional control — values Herrera says matter just as much outside the ring.

“Serving the city teaches you how fast things can change,” Herrera said. “Boxing taught me how to slow them down. If I can pass that to the next generation, that’s worth more than any belt.” As Herrera prepares for his upcoming 2026 fights, he remains focused on consistency and gratitude. He credits faith, mentorship, and daily discipline as the cornerstones of his training — the same principles that keep him grounded while representing Chicago in both uniform and gloves.

“Mario represents what Chicago is about — discipline, loyalty, and heart,” says his Manager Alexsis. “He’s the same person whether he’s protecting the community or stepping into the ring.” Herrera’s message is simple: Stay patient, stay prepared, and always fight with purpose. It’s the mindset that keeps him undefeated — in boxing, in service, and in life.

More information about Mario Herrera, his upcoming fights, and his community involvement can be found at www.teamherrerachicago.org

Casa De Boxeo Media Relations

Casa De Boxeo LLC

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Coach Fernando Perez breaks down strategy as Mario Herrera studies intently — a moment that captures the focus and teamwork behind Chicago’s rising boxing star.

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