

Omar Douglas and Frank De Alba discuss Christmas activities before December 29 showdown

BETHLEHEM, PA. (December 25, 2015) – Undefeated super featherweight contender

Omar “Super 0” Douglas (15-0, 11 KOs) faces his toughest test when he battles

Frank De Alba (17-1-2, 6 KOs) in the main event of Premier Boxing Champions (PBC) TOE-TO-TOE TUESDAYS on FS1 and BOXEO DE CAMPEONES on FOX Deportes with televised coverage beginning at 9 p.m. ET/6 p.m. PT on Tuesday, December 29 from Sands Bethlehem Event Center in Bethlehem, Pennsylvania.

With the fight taking place just four days after Christmas, Douglas and De Alba are trying to go about their business just as everyone else in light of the time of the year where most are spending time with family and gorging out on holiday food.

“My training has been great. I am just putting the finishing touches on camp. We are just working on the gameplan and focusing on defense,” said Douglas.

“For me fighting around the holidays is no big deal. I have fought around Thanksgiving a lot, so training around this time has no affect on me. This fight is very important and there will be more Christmas’ in future years. This is a huge opportunity that I won’t let slip away.”

When asked how he will be spending Christmas, Douglas will mix in some work to go with celebrating.

“I will go to my mother’s house early, open gifts and have a great time with my family. I will kick back for a little and

go on a run and hit the gym late in the day and put the finishing touches on everything. I am on weight so everything is good.”

Said De Alba, “Training camp has been great. Honestly, the camp could not be any better. I am excited for Tuesday. I have put in the work and it should be a great fight.”

“The holidays are not a distraction. When I dedicate myself, I am only focused on the fight. I really don’t think about the holiday, especially when I have a fight of this magnitude. I only think about the fight.”

Like Douglas, De Alba will get in some leisure time on Christmas Day while he continues to put the work in for Tuesday’s encounter.

“I will go to my family’s house. I will see all the kids, open up gifts and enjoy my family. I am good on weight but will do some cardio in the morning. The work has been done . If it is not done by now, there is nothing in the last few days that will change. This is going to be a great fight and may the best man win.”

For more information visit www.premierboxingchampions.com
www.sandseventcenter.com and
<http://www.foxsports.com/presspass/homepage>,
www.foxdeportes.com

Follow on Twitter @PremierBoxing, @Super0130KP, @FS1, @TheSBEC, @foxdeportes and @Swanson_Comm and become a fan on Facebook at www.Facebook.com/PremierBoxingChampions, www.facebook.com/foxdeportes and www.Facebook.com/theSBEC. Highlights available at www.youtube.com/premierboxingchampions.