

Q & A with middleweight Isiah Seldon

Atlantic City, NJ- January 29, 2021 – Middleweight contender Isiah Seldon took the time to answer a few questions before his big fight on Saturday night against undefeated Joey Spencer. The eight-round bout will be part of a broadcast on FOX (8 PM ET)

Q– How has your preparation been for this Saturday’s fight?

IS– It’s been great. The best camp I have ever had.

Q– How long have you been in training? A lot of fighters have had trouble finding places to train with Covid and the protocols that are in place.

IS– I’ve been in the gym for quite a while now. Covid has definitely changed the way the fight game is at the moment. I knew that the best thing I could do was stay in shape. I knew I might get a great opportunity on short notice and I wanted to be ready.

Q– Where have you been training?

IS: I usually train at the Atlantic City P.A.L. with Bill Johnson but the P.A.L. has been closed due to Covid. So now I have been training in Philadelphia with Danny Davis.

Q– Danny is an excellent trainer and has worked closely with a lot of top fighters such as Bernard Hopkins. How is it working out and what have you learned from Danny?

IS: Bill Johnson laid the foundation, and Danny has truly helped take me to another level. I don’t want to get into too much detail, I am just very excited for the world to see the improvements that I’ve made.

Q: Well the world will get that opportunity on January 30 when you take on Joey Spencer in a bout televised on FOX. What do you know about Spencer?

IS: Joey Spencer is an excellent all around fighter, a solid undefeated prospect. He is trained by his father who has done a great job with Joey. He had a decorated amateur career. A lot of his fights are online so I have been able to see a lot. He has fast hands, he puts his punches together well. He like to dig left hands to the body. He can fight.

Q: What type of fight are you expecting?

IS: I expect Joey to come out fast in the opening round, trying to make a statement. We have prepared all camp for that. He likes to work the body. I had the best camp in my career. I am in the best shape of my life. I am ready for 12 rounds (the fight is a scheduled 8 rounder). I expect a fast pace.

Q: What have you done differently that makes you feel that this is your best camp?

IS: I have prepared and been in the gym longer for this fight than any other fight I have had. I had a full training camp. This is the first time that I have been able to focus 100% on training. I didn't have to worry about work, bills or anything else. My team has made sure that all of that was taken care of and the one and only thing that I had to focus on was getting ready for January 30.

Also training in Philly has been great, it's no joke. It was good to get out of my comfort zone. Danny Davis has really pushed me. I am at a new level.

Q I see that this bout is at a catch weight of 158. You have fought as high as 168. Will making 158 be a problem?

IS: Absolutely not. We added a nutritionist to my team back in

October. I usually walk around at 175-180. In the past I would have to cut weight late and it affected me. Now my nutritionist monitors my diet and it has really helped my strength, recovery and energy. We have been on a program to gradually drop the weight so I won't be drained. We will have no problem making 158 and we plan to be between 170 and 175 on fight night.

Q It sounds like you are ready. Do you have any final thoughts?

IS: I am ready to fight right now. Joey is an excellent fighter. He does a lot of things well. They have done a great job matching him so far but they made a mistake in this fight, he hasn't faced anyone like me. I am the most prepared for a fight that I have ever been. I am excited to showcase my skills on January 30.

**AUDIO: Interview with
Undefeated Junior
Middleweight Joey Spencer**

**VIDEO: Interview with
undefeated Super Welterweight
Joey Spencer**

**VIDEO: Erik Spring talks
about his fight with Joey
Spencer**

**Top Super Welterweight
Prospect Joey Spencer Battles
Erik Spring in FOX PBC Fight
Night Action & on FOX**

Deportes Saturday, January 18 from Temple University's Liacouras Center in Philadelphia

PHILADELPHIA (January 3, 2020) – Top super welterweight prospect Joey Spencer will enter the ring to take on Erik Spring in a six-round showdown that opens up the FOX PBC Fight Night broadcast and on FOX Deportes Saturday, January 18 from Temple University's Liacouras Center in Philadelphia.

FOX PBC Fight Night begins at 8 p.m. ET/5 p.m. PT and is headlined by unified 154-pound champion and Philadelphia-native Julian "J-Rock" Williams making a homecoming defense against hard-hitting contender Jeison Rosario. The co-main event will feature undefeated rising star Chris "Prime Time" Colbert taking on former champion Jezreel Corrales for the Interim WBA Super Featherweight Title.

Preceding the main card on FOX, FOX PBC Fight Night Prelims on FS1 and FOX Deportes begin at 6:30 p.m. ET/3:30 p.m. PT and feature a 10-round super welterweight attraction between Mexico's Jorge Cota (29-4, 26 KOs) and New Jersey's Thomas "Cornflake" LaManna (28-2-1, 10 KOs). Plus, sensational 17-year-old prospect Vito Mielnicki Jr. (3-0, 3 KOs) steps in for a four round welterweight bout against West Virginia's Preston Wilson (6-3-1, 4 KOs), while Puerto Rican prospect Romuel Cruz (3-0-1, 1 KO) competes in a four-round super bantamweight fight against Wisconsin's Julio Garcia (3-3, 2 KOs) in the opener.

Tickets for the live event, which is promoted by TGB Promotions, are on sale now and can be purchased at <http://www.liacourascenter.com/events> (direct link HERE) or by

calling 800-298-4200.

The 19-year-old Spencer (9-0, 7 KOs) has made fast strides since turning pro in February 2018, including four victories on his 2019 campaign. Representing his hometown of Linden, Michigan, Spencer most recently stopped Travis Gambardella on FS1 in September after defeating Akeem Black on FOX in June. He will kick off 2020 against the 35-year-old Spring (13-3-2, 1 KO), who fought three times in 2019, winning twice. The Reading, Pennsylvania native dropped a decision to Courtney Pennington last time out but has won five of his last seven bouts.

The non-televised undercard will also feature Delaware-native Kyrone Davis (14-5, 2 KOs) in an eight-round middleweight fight against Atlanta's Antonio Todd (7-2, 4 KOs), Philadelphia native Paul Kroll (6-0, 5 KOs) battling another Philadelphia native in Marcel Rivers (7-2, 4 KOs) for a six-round super welterweight affair, and super featherweight Ricky Lopez (21-4-1, 6 KOs) from Colorado Springs taking on Chicago's Jose Luis Gallegos (18-8, 14 KOs) in a contest scheduled for 10 rounds.

Rounding out the action is Paterson, New Jersey's Norman Neely looking to remain unbeaten against Georgia's Larry Knight in a four-round heavyweight bout, Puerto Rico's Luis Del Valle in an eight-round super lightweight duel and the pro debut of Philadelphia's Miguel Angel Roman Jr. in a four-round featherweight affair.

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Viewers can live stream the PBC shows on the FOX Sports and FOX NOW apps or at FOXSports.com. In addition, all programs are available on FOX Sports on SiriusXM channel 83 on satellite radios and on the SiriusXM app.

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