

Lavarn “Baby Bowe” Harvell looking to impress in national television debut TONIGHT on ShoBox

Phoenix, Arizona (October, 23, 2015) – Tonight!! at The Celebrity Theatre in Phoenix, Arizona, Lavarn “Baby Bowe” Harvell will step into the ring for his national television debut against Samuel Clarkson in a 8-round Light Heavyweight that be part of a tripleheader on ShoBox: The New Generation (10:30 ET/PT) on SHOWTIME.

Harvell, who is promoted by GH3 Promotions weighed in at 177 pounds (same as Clarkson)

Harvell of Atlantic City has a record of 15-1 with 8 knockouts is looking forward to the exposure and the opportunity on Friday night.

“I had a great camp and had lots of different sparring between Virginia and Newark, New Jersey,” said Harvell.

Harvell got an up close and personal look at Clarkson as he was ringside for Clarkson’s 3rd round stoppage over Harvell’s GH3 Promotions stablemate, Jerry Odom on July 17th.

“I was at his last fight. I think he is pretty one dimensional. He doesn’t do well with boxers.”

Harvell is looking at this as his time to shine and doesn’t feel he needs payback for the fight against Odom.

“I look at this as just a fight between him and I. It’s just me and the other fighter.”

Harvell, who turned professional in 2011, has had a few stops

and starts to his career, but at still just age 25, he feels it is his time to become a name in the 175-pound division.

“I believe it is about time that I started receiving the television bouts. I am ready for it and I always knew that I would be here. Now I have to show up and put on a great performance.”

“A win puts me on a new level. This will open up doors that weren’t opened before. When I win, I will become a player in the Light Heavyweight division. I am ready. It is my time to shine and on Friday night, I am going to take full advantage of this opportunity.”

GH3 Promotions features undefeated Middleweight Antoine Douglas, Super Middleweight’s Jerry Odom & Derrick Webster, undefeated Super Bantamweight Adam Lopez as well as Boxcino 2015 Jr. Middleweight Champion John Thompson, Jr., undefeated Welterweight’s Jerrell Harris & Keenan Smith, Light Heavyweight Lavarn Harvell, Jr. Lightweight O’Shanique Foster, Super Middleweight Andrew Hernandez & Welterweight Hector Frometa to the GH3 Promotions stable.

GH3 Promotions O’Shanique Foster and Lavarn Harvell score 1st round knockouts in Washington, DC

Nutley, NJ (August 25, 2015) – This past Saturday night at North Hall at East Market in Washington, D.C, two fighters under the GH3 Promotional stable scored first round stoppages

and are now looking forward to big fights in the fall.

The card was promoted by Jeter Promotions.

Light Heavyweight Lavarn Harvell (15-1, 8 KO's) of Atlantic City, New Jersey took out Quincy Miner of Kansas City, while Jr. Lightweight O'Shanique Foster (7-0, 4 KO's) of Houston, Texas stopped Frank Jordan.

The bout was the first for Foster under the GH3 Promotional banner. He registered two knockdowns in the 86-second fight.

Harvell dropped Miner with a hard right hand and Miner could not beat the count and the fight was stopped at 2:35 of round one.

"Both Lavarn & O'Shanique did good jobs on Saturday and now they are both set up to come right back in September. We tentatively have Lavarn penciled in for September 26 in Beach Haven, New Jersey and O'Shanique will be back on September 18 and then in November 6," Said GH3 Promotions, Vito Mielnicki

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GH3 Promotions O'Shanique Foster and Lavarn Harvell in action on Saturday night in Washington, DC

Nutley, NJ (August 21, 2015) – Tomorrow night at North Hall at East Market in Washington, D.C, two fighters under the GH3 Promotional stable will be in action on a card promoted by Jeter Promotions.

Light Heavyweight Lavarn Harvell (14-1, 7 KO's) of Atlantic City, New Jersey will take on Quincy Miner of Kansas City in a bout scheduled for 6-rounds.

Jr. Lightweight O'Shanique Foster (6-0, 3 KO's) of Houston, Texas will take on Frank Jordan in a 4-round bout. The bout will be the first for Foster under the GH3 Promotions Banner.