Thomas "Cornflake" LaManna media day quotes

Philadelphia, PA — Welterweight contender, Thomas "Cornflake" LaManna (21-1, 9 KOs) of Millville, New Jersey held a media workout on Monday at the Joe Hand Boxing Gym in advance of his USBA Welterweight title bout against Dusty Hernandez-Harrison (29-0-1, 16 KO's) of Washington, D.C that will take place on Thursday night at the 2300 Arena and broadcast LIVE on CBS Sports Network

Thomas LaManna Quotes:

"I feel great. I am excited and I am anxious."

"I can not let let Dusty get in a groove. That's what I remember from sparring is that if you give him a groove, he is a little bit hard to handle, other that that you can't give him confidence."

"I have ten rounds to work. I always say that the last two rounds are mental . I am in great shape to go ten rounds"

"Me and Dusty both have big fan bases and I will be able to block out the crowd"

"I don't get nervous. Especially this fight because I have been in the ring with him before. There is nothing that he can do in my eyes that I would be worried about."

"The gameplan is to just to win. Make the proper adjustments when I need to."

"I am more confident after this camp then I have ever been."

"This fight means everything to me. It's now or never as it will change my career and it will show where I am in boxing."