

WEIGHTS FROM PARSIPPANY, NJ

Antoine Douglas 160.2 – Luca Messi 160.4
Jerry Odom 168 – Douglas Otieno Okola 171
Wanzell Ellison 127.8 – Iain Weaver 129.8
Tyrell Wright 221.6 – Dan Bolden 199
Patrick Farrell 199 – James Guy 191.5
Angel Concepcion 178.5 – Raymere Palmer 173.7
Mikey Faragon 137.8 – Anthony Flores 139.8
Rickey Edwards 139.3 – Carlos Nieves 142
Patrick O'Connor 232.5 – Aaron Bratton 254
Bienvenido Diaz 133 – Frank Jordan 139.2

VENUE: Parsippany PAL

Promoters: GH3 Promotions & Greg Cohen Promotions

1st Bell: 7 PM

Broadcast: www.gfl.tv

GH3 Douglas, Odom and Ellison look to stay undefeated this Friday in Parsippany; Fights to be streamed LIVE on GFL.TV

NUTLEY, NJ (APRIL 3, 2014)–This Friday night in Parsippany, NJ at the Parsippany PAL, GH3 Promotions in association with Greg Cohen Promotions will put on a great night of boxing that will feature three of the top prospects in the GH3 Promotions stable.

Undefeated Middleweight Antoine Douglas (13-0, 8 KO's); Super

Middleweight Jerry Odom (9-0, 9 KO's) & Super Featherweight Wanzell Ellison (10-0-1, 5 KO's) will all be in action with Douglas headlining in the 10-round main event while Odom and Ellison will see action in 6-round bouts.

The show will be streamed live on www.gfl.tv for just \$9.99.

Douglas will take on former world title challenger Luca Messi.

Douglas of Burke, Virginia is coming off a 1st round stoppage over Jeremy Yelton on March 15th.

Douglas is not an awe of Messi, who sports a record of 37-9-1 with 13 knockouts.

"He has a lot of experience but his opposition was precise and he did not perform against the better opposition," said Douglas.

"All i know that he is 5'7" and I know I have a height and reach advantage."

Douglas gained national recognition when he scored a 8-round unanimous decision over undefeated Marquis Davis on January 17 that shown throughout the country on ShoBox.

"Since the fight on ShoBox, I have been getting a lot of buzz and I feel after two or three more fights, I will be ready for the significant fights that will shape my future," finished Douglas.

Odom of Bowie, Maryland will take on Dougas Otieno Okola (24-8, 12 KO's) of Nairobi, Kenya.

"My training went well," said Odom, who is coming off a 2nd round stoppage of William Gill on March 15.

Despite fighting less than 3 weeks later, Odom is continuing to hit his stride.

"I just made an adjustment to be fighting so soon. I only know

that my
opponent is a southpaw.”

Odom has a perfect knockout streak but unlike most fighters, the early win is not on his mind.

“I don’t think about the knockouts. If it happens, it happens. I know I have that talent so the knockouts do not surprise me. I just do my due diligence in the ring. Each fight I look forward to going rounds. I have never underestimate anyone i fight,” finished Odom.

Ellison of Newark, NJ will take part in a six round bout against English import and undefeated Iain Weaver (5-0, 3 KO’s).

“Everything is good and I am ready to fight,”said Ellison.

Ellison has seen very little of Weaver but he knows enough to know what to expect.

“I know he is a southpaw from the United Kingdom. He is a slick boxer that is not very aggressive.”

Going into his 12th fight, Ellison knows that the best is yet to come.

“My confidence is growing with each fight. I continue to learn more and more and now I am very comfortable in the ring and I just let my performance speak for itself. Hopefully by the end of the year I will start being in 8 & 10 round fights but that is up to my promoter but I am always in shape. All the hard work, the running the sparring is done. I am just waiting to prove to everybody that I am the best 130-pound fighter in the world,” Finished Ellison.

In six round bouts:

In a Lightweight bout, Mikey Faragon (19-0, 9 KO’s) of Guilderland, NY will fight Anthony Flores (10-4-1, 6 KO’s) of

Philadelphia.

Patrick Farrell (9-2-1, 6 KO's) of Jersey City, NJ will take on James Guy (1-0, 1 NC) in a Cruiserweight bout.

In four round bouts:

Rickey Edwards (4-0, 2 KO's) of Paterson, NJ will fight Carlos Nieves (0-5) of Bronx, NY in a Lightweight bout.

Tyrell Wright (4-0, 3 KO's) of Jersey City, NJ will tussle with Dan Bolden (1-2, 1 KO) of Louisiana in a Heavyweight fight.

Light Heavyweight Angel Concepcion (5-0) of Newark, NJ will square off with Jerrod Caldwell (2-6-2, 1 KO) of Gainesville, FL.

John Magda (5-0, 4 KO's) of Rutherford, NJ will fight Craig Schwallier (2-1, 2 KO's) of Grand Rapids, MI in a Super Middleweight affair.

Patrick O'Connor (1-0) will box Aaron Bratton (1-1) of Baltimore, MD in a Heavyweight bout.

Tickets for this great evening of boxing are \$100 for VIP Ringside, \$75 for Ringside and \$40 for General Admission and can be purchased by calling 1-866-612-4191.

The 1st bell is at 7 pm with the doors opening at 6 pm.

The Parsippany P.A.L is located at 33 Baldwin Road in Parsippany, NJ.

GH3 Promotions Antoine Douglas & Jerry Odom back in action this Saturday in Springfield, VA

Nutley, NJ (March 13, 2014)–This Saturday night at the Springfield ABC in Springfield, Virginia, two of the brightest prospects in the country will be back in action as undefeated Middleweight Antoine “Action” Douglas and undefeated Super Middleweight Jerry “The Kings Son” Odom will be part of the card that is promoted by Gulfstream Promotions.

Both Douglas and Odom are promoted by Vito Mielnicki’s GH3 Promotions.

Douglas of Burke, Virginia has a record of 12-0 with 7 knockouts and will be facing veteran Jeremy Yelton in a 6 round bout while Odom will take on battle tested William Gill in a 6 round bout.

Douglas is coming off a 8 round unanimous decision over previously undefeated Marquis Davis on January 17th in a bout that was nationally televised on ShoBox. It was Douglas 2nd consecutive won over an undefeated fighter as he stopped Colby Courter in the 3rd round on December 4th.

Yelton of Forest City, North Carolina has a record of 17-15 with 8 knockouts and has faced world champions such as Paulie Malignaggi & Isaac Hlatshwayo; World title challengers Ricky Quiles, Eromesele Albert, Giovanni Lorenzo and Harry Joe Yorgey as well as undefeated fighters Americo Santos, Henry Crawford, Dominick Britsch and his most recent bout against Thomas LaManna.

“He is a last minute replacement and I don’t know much more

than his record," said Douglas. "I know in his last few fights he has been knocked out so I plan to make this quick. I am in shape, I am ready and feel strong"

Douglas will be fighting seven miles from his hometown and is eager to put on a good performance.

"I have lots of people from home that will be there so I want to be very impressive."

Odom of Bowie, Maryland has a record of 8-0 with all wins coming by knockout. He is coming off a 3rd round stoppage over Demetrius Walker on January 17th in Memphis.

"I haven't fought since January 17th and I am ready to do my thing as always and show my talent," said Odom.

"I looked at Gill's record and I know he has a lot of fights and some losses. I will not underestimate him. He is still a fighter."

"I just want to thank my promoter Vito Mielnicki for working with me and I want to thank my team for their continued support.", finished Odom.

Like Yelton, Gill is extremely battle tested and despite his record, he has some big wins on his ledger such as Bobby Rooney (3-0), Terrance Johnson (4-0), former U.S. Olympian Dante Craig (17-5-1), Richard Stewart (12-2-1) and current world-ranked Light Heavyweight Anatoliy Dudchenko (3-0).

Gill has fought 20 undefeated fighters and is coming off a 3rd round stoppage to Henry Buchanan on December 14, 2013.

ANTOINE DOUGLAS TO TAKE ON FORMER WORLD TITLE CHALLENGER LUCA MESSI ON FRIDAY, APRIL 4TH AT THE PARSIPPANY PAL IN PARSIPPANY, NJ

NUTLEY, NJ (MARCH 6, 2014)—On Friday night, April 4th at the ParsIPPany P.A.L., GH3 Promotions in association with Greg Cohen Promotions will present a night of action packed boxing that will feature some of the best prospects and rising contenders in the country.

In the eight-round main event will be undefeated Middleweight sensation Antoine “Action” Douglas taking on former world title challenger Luca Messi.

Douglas of Burke, Virginia has a record of 12-0 with 7 knockouts and is coming off his most high profile victory when he scored a 8 round unanimous decision over previously undefeated Marquis Davis on January 17th in Memphis, Tennessee. The bout was televised live on Showtime’s ShoBox: The New Generation.

It was the 2nd consecutive victory over an undefeated opponent as he scored a 3rd round stoppage over Colby Courter (4-0) on December 4, 2013 in New York.

Messi of Bergamo, Italy has a record of 37-9-1 with 13 knockouts,

He has competed for and held many titles throughout Europe which included the WBU Intercontinental Welterweight title, The WBA Interim Intercontinental Welterweight title when he stopped previously undefeated Laszlo Buranyi (10-0) in seven

rounds. He also captured the Italian Jr. Middleweight title.

He lost his only world title opportunity when he dropped a 12 round unanimous decision to WBA Super Welterweight champion Alejandro Garcia on August 13, 2005 in Chicago. Messi is coming off a 6 round decision over Kristian Camino on February 1st in Bergamo, Italy.

In an eight round co-feature, undefeated Jr. Lightweight Wanzell Ellison will be in action when he takes on an opponent to be named.

Ellison of Newark, NJ is 10-0-1 with 5 knockouts and is coming off a 6 round unanimous decision over Esteban Villalba on January 31st in West Orange, New Jersey.

Also appearing on the card in six round bouts will be, Welterweight Anthony "Juice" Young (9-0, 4 KO's) of Atlantic City & Jerry Odom (8-0, 8 KO's) of Bowie, Maryland.

Fighters that will see action in 4 round bouts: Welterweight Anthony Gangemi (4-2, 3 KO's) of Mine Hill, NJ; Lightweight Rickey Edwards (4-0, 2 KO's) of Paterson, NJ and Heavyweight Tyrell Wright (4-0, 3 KO's) of Jersey City, NJ.

Tickets for this great evening of boxing are \$100 for VIP Ringside, \$75 for Ringside and \$40 for General Admission and can be purchased by calling 1-866-612-4191.

The 1st bell is at 7 pm with the doors opening at 6 pm.

The Parsippany P.A.L is located at 33 Baldwin Road in Parsippany, NJ.

GH3 PROMOTIONS WANZELL ELLISON GOES TO 10-0-1 WITH WIN OVER VILLALBA

NEWARK, NJ (FEBRUARY 4, 2014)–This past Friday night at the Richard J. Codey Arena in West Orange, New Jersey, Jr. lightweight Wanzell Ellison remained undefeated with a workmanlike six round unanimous decision over Esteban Villalba in a bout that part of a an ESPN Friday Night Fight's card.

Ellison is promoted by Vito Mielnicki's GH3 Promotions.

Ellison was very solid throughout the bout and won by scores of 60-54 on all cards to raise his record to 10-0-1.

After the fight, Ellison spoke and news media outlets may use the video by copy/paste the embed code and use it on their websites:

GH3 Promotions Muriqi, Diaz and Ellison back in Action as part of ESPN's Friday night Fights card

WEST ORANGE, NEW JERSEY (JANUARY 29, 2014)–This Friday night at the Richard J. Codey Arena in West Orange, New Jersey, Three members of the GH3 Promotions will be in action with two being featured in prominent fights as part of ESPN Friday

Night Fight's televised portion of the 12 bout card.

In the main event, popular Light Heavyweight Elvir Muriqi takes on undefeated Australian Blake Caparello in a bout scheduled for 10 rounds. In the potentially exciting co-feature, Jorge Diaz battles undefeated Luis Rosa in a Featherweight bout scheduled for 8 rounds. Also seeing action will be undefeated Super Featherweight Wanzell Ellison, who will be making his debut under the GH3 Promotions banner when he fights Esteban Villalba.

Muriqi of New York has a record of 40-5 with 24 knockouts feels a win over Caparello (18-0-1, 6 KO's) is a must and has been completely focused in making that a reality.

"Training camp was good," said Muriqi, who was training for a fight with former world champion Zsolt Erdei before Erdei bowed out of the fight. "The only thing that changed with the opponent switch was that I had to have southpaw sparring. That is not a big deal as people saw how i performed against Antonio Tarver a few years back who was not only a southpaw but the best Light Heavyweight in the world at that time."

Muriqi has been mostly off the radar since the narrow loss to Tarver, knows that this is a spot to get back in the Light Heavyweight mix.

"This is a 2nd chance. A great opportunity to get in the mix. This is great for me to be back on television here in America and I am looking for better things after this. I will have a lot of fans here for me and I am not about to let them down"

Caparello is a virtual unknown here in the United States but Muriqi did as much scouting as he could.

"He is an awkward guy and he is undefeated. I know he will fight hard but this will be new to him to come here and fight on the road."

Diaz of New Brunswick, New Jersey has a record of 17-2 with 10 knockouts and will be looking to redeem himself after his last appearance when he was stopped in four rounds by Yenifel Vicente on ESPN Friday Night Fights.

"My training has been pleasing", said Diaz.

Diaz who makes for action fights is not taking this fight lightly.

"I think me getting this opportunity has to do with our records and I am here because of the opportunity that he is presenting me with."

Despite Rosa being from nearby Connecticut, Diaz does not know much about the 15-0 fighter.

"This is really the first I have heard of him. I have received feedback that his style is similar to my last opponent and that he likes to come forward."

Most fighters that are coming off of stoppage defeats usually look for a soft touch to get back in the win column, By taking this fight, Diaz is proving that he is a what the old school pundits would call a "Real Fighter" by getting right back in with an undefeated opponent.

"I took this opportunity. I don't want to waste anybody's time. I just want to get right back in the mix of things."

Ellison of Newark, New Jersey will be battling Esteban Villalba in a bout scheduled for six rounds.

"Everything is going good," Said Ellison. "I have been training for a long time and I am ready."

"I do not know much about my opponent. It doesn't matter because it will be the same outcome no matter who it is. It will be a knockout. The time is now. Friday I will show who I am, Venom!!"

Tickets are priced at \$150, \$100, \$75 and \$40, and can be purchased by calling 1 (888) 612-4191 or by visiting <https://tickets.completeticketsolutions.com/BOX/Online/default.asp#>

GH3 PROMOTIONS BARNWELL AND PHAM SET FOR ACTION TONIGHT IN ATLANTIC CITY

ATLANTIC CITY, NJ (JANUARY 25, 2013)—Two members of the GH3 Promotions stable will be in action at The Golden Nugget Casino in Atlantic City.

Undefeated Heavyweight Doorset “The Bullet” Barnwell and undefeated Light Heavyweight Gabriel Pham will take part in six and four round bouts respectively.

Barnwell (11-0, 5 KO’s) of Norfolk, Virginia weighed in at 245 lbs, for his bout with Jon Bolden (6-7, 5 KO’s) of New York who weighed in at 227 lbs.

Barnwell will compete in the co-feature bout.

Pham (5-0, 2 KO’s) of Atlantic City weighed in at 174 lbs for his rematch with Michael Mitchell (2-2-2) of Paterson, NJ who checked in at 171 lbs.

Said GH3 Promotions Vito Mielnicki: “I see two big victories for my fighters tonight. I signed guys who can and want to fight. Doorset stepped in for an injured fighter to be in the co-feature against a guy who can punch. Gabriel has been off for a bout 10 months and is getting back in the ring with a

guy he had a war with in Mitchell.”

The bouts can be seen LIVE all over the world beginning at 7:30 on www.pandafeed.tv for just \$9.99 by clicking: <http://pandafeed.tv/#!/watch/52961bea2b83679220004154>

The show is promoted by Sal Musumeci’s Final Forum Promotions.

GH3 Promotions Thompson, Douglas and Odom look to shine Friday night in Memphis

Nutley, NJ (January 15, 2014)- Three members of the GH3 Promotions’ stable will be in action in action on Friday in Memphis, Tennessee, with two of them featured on national television as part of Showtime’s SHOBX: The New Generation.

Undefeated jr. middleweight John “Apollo Kidd” Thompson (14-0, 5 KO’s) takes on Frank Galarza (11-0-2, 7 KO’s) in an 8-round bout. Also, undefeated middleweight Antoine “Action” Douglas (11-0, 7 KO’s) takes on Marquis Davis (8-0-2, 5 KO’s) in an 8-round bout.

Both Thompson and Douglas will be part of the live SHOBX broadcast, while undefeated super middleweight Jerry Odom (7-0, 7 first-round KO’s) battles Demetrius Walker (6-2-1, 4 KO’s) in a six-round bout that will take place before the cameras roll.

“Camp was excellent and I had great sparring,” said Thompson, who lives and trains in Newark, New Jersey. “I see that Galarza likes to box and comes forward but i believe he is a bit slow.”

The 24-year-old Thompson doesn't see the bout as a battle for Metro New York supremacy, even though Galarza is from nearby Brooklyn. "Nobody in New Jersey knows who he is. Everybody knows who I am", said Thompson.

This will be Thompson's second bout on SHOBX. In May 2013, he scored four knockdowns en route to an 8-round unanimous decision over previously undefeated Geovanny Rodriguez.

"This fight is no big deal. I have been through this before. I have to come prepared regardless."

Facing Galarza fits into Thompson's plan of fighting top competition, as his last four opponents had a combined record of 37-4-1. Thompson knows these types of fights will advance his career. "To be the best, you have to beat the best. I am not here to just fight anybody", said Thompson.

Thompson is an accomplished artist and he has something very special planned for his ring entrance.

"I am going to bring my paintings into the ring. You see guys with the entourage bring their belts. Well on Friday, I am going to bring my paintings."

Douglas of Burke, Virginia, will be making his SHOBX debut against the undefeated Davis. "It's a good fight," said Douglas. "A step up and it's for the WBC FECARBOX title and it is on Showtime., so I am ready. I just know he is undefeated. Other than that, I really do not know much on him.

"This is a great opportunity to show the fans what I am made of and capable of. I am just ready to fight."

Odom, of Washington, DC, is looking to keep his knockout streak alive, as none of his seven opponents have made it out of the first round.

"My camp has been good and I feel strong and fast. Everything is coming together and I am learning something new everyday",

said the 20-year-old Odom.

Odom has never seen Walker fight, and has no scouting report of his opponent. "All I know that he is a southpaw", said Odom. ""I am just going to fight my fight. I am ready and just want to thank my team for the opportunity to fight and show the people my talent."

Said GH3 Promotions Vito Mielnicki: "I am very excited for these three kids. John and Antoine have a chance to make big statements on the televised portion, and I believe that it won't be long before Jerry joins them on the same platform."

TEAM ELITE HEAT ADVANCES 12 TO REGIONAL'S

NUTLEY, NJ (JANUARY 2, 2014)—Recently the Team Elite Heat Amateur team placed a staggering 12 participants that will compete at the Eastern Regional Tournament this weekend (January 3rd and January 4th) in Elmer, New York.

The team is coached by Wali Moses, Robinson Velez, Dwight Flemming and Robert Griffin will have the following fighters taking part in the tournament.

Victor Ordonez 10-11 year olds—70lbs.

Zahir Salaam—10-11 year olds—75 lbs.

Vito Mielnicki—10-11 year olds—80 lbs

Dwyke Flemming—10-11 year olds—85 lbs

Zyad Hassan—10 -11 year olds—95 lbs

Malik Nelson—12-13 year olds—85 lbs

Rajon Chance—12-13 year olds—90 lbs

Oscar Lopez—12-13 year olds—106 lbs

Steven Ramirez–12-13 year olds–119 lbs

Luis Morales–14-15 year olds–106 lbs

John Bauza–14-15 year olds–139 lbs

Mauhdu Salaam–14-15 year olds–147 lbs

Mielnicki is a 2 time Jr. Golden Gloves champion, Silver
Gloves champion

Chance is a Golden Gloves champion

Mauhdu Salaam is a Silver Gloves national champion

Bauza is a National Silver Gloves runner up

Nelson is a Silver Gloves National Champion

The team will then travel to Independence, Missouri for the
Silver Glove National Tournament that will take place from
January 29th to February 1st.

The team when then face the best amateurs in Washington, D,C.
February 7th.

February 28th, Team Elite Heat will travel to Ontario, Canada
and compete in the Ontario Games.

It will be a big 2014 for the Team Elite Heat amateur program

GH3 PROMOTIONS SIGNS
UNDEFEATED SUPER
FEATHERWEIGHT WANZELL ELLSION

NUTLEY, NJ (DECEMBER 26, 2013)–Vito Mielnicki's GH3 Promotions
is proud to announce the signing of undefeated Super

Featherweight Wanzell Ellison to an exclusive promotional contract.

Ellison, 24 years old of Newark, New Jersey had 90 amateur fights and he appeared in the National Golden Gloves tournament on two occasions.

He turned professional on July 31st, 2009 with a 2nd round stoppage over Alex Cooper in Saratoga, New York.

Ellison has a record of 9-0-1 with 5 knockouts.

"I am every excited that GH3 Promotions will get me moving," said Ellison. "Now I have a promoter that believes in me. I know I will be fighting more than once or twice a year."

With GH3 Promotions behind him, Ellison believes that he can be a player in the 130 pound division.

"I envision I will be a new star on the rise. A prospect at 130. I am looking forward to popping up on the scene and surprise a lot of people and after that, people will remember who I am."

Ellison will be make his GH3 Promotions debut on January 31st in West Orange, New Jersey on the undercard of an ESPN's Friday Night Fights event.

"I am excited at the New Year. It is a great way to start out. I know I have the potential and I am excited to take over the Super Featherweight division."