Clinton, Maryland (November 8) - Undefeated NABO Heavyweight Champion **Seth "Mayhem" Mitchell** held an open workout at The Dream Team Boxing Gym in Clinton, Maryland today as Mitchell prepares to face top contender Johnathon Banks on Saturday, November 17 at Boardwalk Hall in Atlantic City, New Jersey.

Seth Mitchell, NABO Heavyweight Champion

"It would mean a lot to become heavyweight world champion. It remains to be seen, but I am definitely working hard toward that goal. I'm not trying to underestimate anybody, but I am just trying to stay focused and have tunnel vision toward that goal.

"A lot of people don't believe me that the day I decided to box, I knew I was going to be successful in this sport. I believe in myself. I believe that athletics is my gift. The only thing that has surprised me during my career is how quickly I signed with Golden Boy Promotions.

"I never watch my opponents' film. My trainer Andre Hunter does that and then we train based on what he learns from the footage.

"Every fight from here on out is a really big fight for me. I truly believe in the latter part of 2013, I will be ready for my opportunity to fight for the heavyweight world title.

"[On hailing from the Washington, D.C. area] The DMV (DC-Maryland-Virginia region) is a hotbed for boxing. I'm glad to be able to represent this area. I'm happy to have a lot of former champions and athletes come support me.

[On HBO's "2 Days: Seth Mitchell" episode] The thing that was funny for me to see was how they showed my wife's reaction ringside, her expressions and her emotions watching me fight. I could still see her nerves when we watched it together. I thought they did a great job.

"I am fortunate that my style resonates with the people. All of the fans on Twitter and Facebook are reaching out and telling me they are excited to see me fight.

"It feels good to be recognized as an American heavyweight. I know why everyone is saying it and it is because of what I am doing in the ring."