

## Heather Hardy Fights July 24 in NYC

Written by The Sweet Science  
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NEW YORK, NEW YORK - On Wednesday, July 24, 2013, Heather "The Heat" Hardy (Brooklyn, NY pro record: 5-0-0) returns to the Roseland Ballroom in New York City against Cassie Trost (Seattle, WA pro record: 1-1-1) in a six-round bout. Hardy, a super bantamweight, last fought on April 4, 2013, winning her rematch with Mikayla Nebel by unanimous decision. In the main event, Yuri Foreman (Brooklyn, NY pro record: 30-2-0, w/ 8 KOs) will face Jamaal Davis (14-9-1 w/ 6 KOs) in an eight-round bout. Along with Hardy and Foreman, undefeated prospects such as Travis Peterkin, Ytalo Perea, Luis Olivares, Luis Cruz, and Emmanuel De Jesus will be featured on this latest installment of the "Broadway Boxing" series, sponsored by DiBella Entertainment (DBE) and 50 Cent's SMS Promotions.

Hardy said, "I've been working really hard in the gym and it's going to show in that ring on July 24. I know that my coach, Devon Cormack, has prepared me well and I will do whatever he asks in order to win this fight. Adjustments are made every round that I fight, so I prepare by making sure I'm physically able to do what's asked of me. I'm in shape, on my weight, and I'm ready to go. I can't wait to see my fans fill the Roseland Ballroom. I'm fighting for all the women boxers out there. We belong on big cards and we prove that every time we fight. Thank you to promoter Lou DiBella for giving me an opportunity to showcase my abilities on a big show."

Devon Cormack, Team Hardy's trainer and manager, said, "Heather's preparation for this fight is similar to all her other fights. She needs to be in the best shape she can be, ready to go all six rounds without a break. She will be prepared to execute whatever her corner asks her to do during the fight. I've seen what her opponent does, and Heather just needs to execute my instructions in every round. Heather's matches on DiBella's cards have captured the New York audience, because they have all demonstrated that the female boxers have learned their craft to the point where they are equally as talented and exciting to watch as the men are."

Hardy, an Irish-American, was born on January 25, 1982, in Brooklyn, New York. She graduated from Stella Maris High School in Queens, New York, where she played softball and soccer. She attended college and graduated with a degree in forensic psychology from John Jay College of Criminal Justice in 2005. In addition to her career as a professional boxer, she currently works as a boxing and fitness trainer at Gleason's Gym, and is the mother of a nine-year old daughter, Annie.

In May 2010, Hardy entered Gleason's Gym in Brooklyn, New York, where she met Devon Cormack. After eleven months of training with Cormack, Hardy won the 125 lb 2011 Metro and Regional Titles then went on to win the USA Boxing 2011 National Title. In 2012, she won the 125 lb Golden Gloves Featherweight title. Her overall amateur record was 16-5. Cormack gave her the name "The Heat" because of her aggressive boxing style. On August 2, 2012, Hardy

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won her pro debut by unanimous decision at the Roseland Ballroom in New York City. She signed with New York-based boxing promoter, Lou DiBella, and his promotional company, DiBella Entertainment.

Heather Hardy is the subject of a new feature film titled, “Hardy,” directed by Natasha Verma. For the past few months, camera crews have been following the pro boxer, filming all aspects of her life. Production on the film is scheduled to finish later this year. Verma said, “Heather and her team have been great to work with. By sharing Heather’s life with the world, this movie should bring lots of excitement and new fans to women’s boxing. She has a great story and it needed to be told.”

For media and public inquiries regarding “Hardy” the movie, contact Lorin Chvotkin by phone at [\(240\) 498 1478](tel:2404981478) or by email at [Lbchoyas@yahoo.com](mailto:Lbchoyas@yahoo.com). Lorin Chvotkin can be found on Twitter at @LorinChvotkin or <https://twitter.com/LorinChvotkin>

On fight night, doors will open at 6:30 pm ET, with the first bout scheduled for 7:00 pm ET. The Roseland Ballroom is located at 239 W 52<sup>nd</sup> Street, New York, NY, 10019. SNY will broadcast the fight on tape delay.

Like “Hardy” the movie on Facebook: <https://facebook.com/hardythemovie>