

# 1 Blue-chip Athlete, 2 Sports, 24 Hours in the Day

Running in the morning. Lifting at night. Nobody likes to put in extra hours. But this is what it takes to get to the next level.



It's for your arms and your back. you lift the weight up and down 15 or 12 times because you don't want back problems. In football you need a strong back because you get hit a lot, and in baseball your back plays a big role in hitting.



**DONAVAN TATE**  
Cartersville (Cartersville, Ga.)  
6-3, 205 lbs

## LOVE/hate

To stay motivated I just think about the guys who are on your team and all the guys from the state who do have the time to lift weights every day. I don't have any excuses to make. That's what keeps me going.



I don't want to go into the gym and work out my legs continually and not give them a break. One day you're working out your legs and killing them. Then the next you do the same to the arms.



## DONAVAN TATE

Outfielder  
.410 BA, 7 HR, 25 RBIs  
Won Class AAA state championship

## WHY/when I train

I work out with weights three times a week and I go to speed and agility classes the other days. I always hit baseballs every day. I might have a day out of the week that I don't.



I start on one side of the room and I will lunge across the room and lunge back. It helps your thighs and quads the most.







# DONAVAN TATE

Quarterback/Safety  
1,425 Passing Yards, 7 TD  
698 rushing yards, 8 TD



## NEVER/rest

Being in shape kind of gives you an edge. If you're in shape, you allow yourself to run the whole game and not get tired and be weak. When you get knocked down, you get back up and get going. Running is a big component to that.



I start at the back cone and run toward the near cone. Then I side step to the right cone and back pedal to the far cone. Its tough on your legs. Obviously, I m kind of tall for a safety and its kind of harder for me to get low. That s something I have to work on.

# TRAINING DAY: THE PAYOFF

After an offseason of hard work, Matt Purke and Mary Nwachuku are ready to reap the benefits



Matt Purke

Both Klein (Klein, Texas) baseball star Matt Purke and Dighton-Rehoboth (North Dighton, Mass.) basketball phenom Mary Nwachuku spent this past offseason undergoing grueling workout regiments to prepare for their senior seasons.

The work paid off for both athletes. Purke entered his senior year as a likely candidate to be a first-round pick in the 2009 MLB Draft. Nwachuku, meanwhile, was trying to decide what college to play for after getting all sorts of scholarship offers.



Mary Nwachuku

### MATT PURKE

Klein  
(Klein, Texas)

I feel that if I put in the work now, later on I'll reap the benefits. If I can push through the pain I have now, then that last inning is going to be a breeze. The next level is a motivation because you never know who's watching.



### MARY NWACHUKU

Dighton-Rehoboth  
(North Dighton, Mass.)

After a good workout, I feel good about myself because I know I'm working to improve my game and I'm getting better. I feel like I'm working toward my goals and getting better every day. Basketball is really a passion of mine and to get to the next level I'm going to have to improve everything, including my conditioning.

