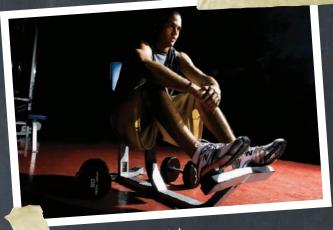
### 1 Blue-Chip Athlete, 2 Sports, 24 Hours in the Day

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.



14'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.



To stay motivated 1 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



## DONAVAN TATE

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

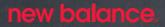
#### \*\*\*\*\*\*\*\*\*\* WHY/when I train

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.





1 start on one side of the room and 1 will lunge across the room and lunge back. It helps your thighs and quads the most.





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SPECIAL ADVERTISING SECTION

# 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.

MF991

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

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.

MARY NWACHUKU

(Klein, Texas) I feel that if I put in the work how, later on in reap of benefits. If I can push

MATT PURKE

benerits, ir i Cari Pusi, through the Pain I have through the pain I have now, then that last inning is going to be a breeze. The next level is a breeze, i ne next ievei is a , Motivation because you never know who's watching.

Matt Purke

new balance.

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 in kind of tall for a safety and its kind of harder for me to get low. That s something I have to work on.



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.

After a good workout, I feel Arter a good Workout, I fee Arter about myself because I good about myself because I know i'm working to improving good about myself pecause know I'm working to improve Mary Nwachuku yow in working wind in getting game and i'm getting my game and fill yeuning better. I feel like I'm work-better. I feel nov grate and ing toward my goals and every day. getting better Basketball is really a passion of mine and to get to the next level Baskerball is really a passion of baskerball is really a passion of the next level mine and to get to the immuni-tion round to have to immunimine and <sup>to</sup> get <sup>to</sup> the n<sup>ext</sup> level mine and <sup>to</sup> get <sup>to</sup> the <sup>next</sup> level i'm going to have <sup>to</sup> my condi-l'm going, including my condi-everything, including my to tioning. new balance. tioning.