

Cowboys QB Dak Prescott and Lions Rookie LB Jarrad Davis Among NFL Players Who Trained at ESPN Wide World of Sports Complex at Disney

With most NFL training camps underway, **Dallas Cowboys QB Dak Prescott** and **Detroit Lions rookie LB Jarrad Davis** were among several players who participated in final offseason workouts with renowned performance trainer **Tom Shaw at ESPN Wide World of Sports Complex at Walt Disney World Resort.**

Prescott (drafted by Cowboys in the 4th round of the 2016 NFL Draft) and Davis (drafted No. 17 overall by the Lions this year) trained at Disney with fellow NFL players working with Shaw to improve speed, agility, strength and explosiveness. Shaw has worked with other NFL stars such as **Hall of Famer Derrick Brooks, Jameis Winston, Calvin Johnson and Tom Brady.**

Part of the workouts with Prescott and Davis involved training with youth athletes who are spending their summers getting ready for their upcoming sports seasons. In addition to Davis and Prescott, Shaw also had more than 40 NFL prospects and veterans in his program earlier this spring, including **the No. 17 overall pick (Washington Redskins) DE Jonathan Allen.**

Over the years, Shaw has worked with more than **145 NFL first-round draft choices, 10 No. 1 picks and 11 Super Bowl MVPs** – many of whom he has trained at ESPN Wide World of Sports Complex.

Shaw also works with youth and collegiate athletes, including those who participate in Disney Spring Training, where high school and college baseball, golf, lacrosse, rugby, softball, tennis and track & field teams train at Disney during spring break. These athletes have the unique opportunity to work out right alongside the pros.