

Four Tom Shaw-Trained Athletes Taken in the First Three Rounds of NFL Draft After Training at Disney

Second- and third-round selection Jordan Phillips, Jalen Collins, Eli Harold and P.J. Williams headline list of elite NFL draft picks who trained at ESPN Wide World of Sports Complex this year

LAKE BUENA VISTA, Fla. (May 4, 2015) – Former college football stars such as defensive tackle **Jordan Phillips** (Oklahoma), defensive back **Jalen Collins** (LSU), linebacker **Eli Harold** (Virginia) and defensive back **P.J. Williams** (Florida State) trained with noted performance trainer Tom Shaw at ESPN Wide World of Sports Complex at Walt Disney World Resort this spring and were among the top players selected during the NFL Draft this weekend.

Collins was the first of Shaw's prospects off the board, taken as the 10th selection in the second round by the Atlanta Falcons while Phillips went No. 52 overall to the Miami Dolphins. Williams and Harold went back-to-back in the third round, as they were selected 78th by the New Orleans Saints and 79th by San Francisco 49ers respectively.

Tight end **Gerald Christian** (Louisville), who also trained with Shaw this spring, was **this year's "Mr. Irrelevant"** as he was taken as the No. 256 pick in the draft by the Arizona Cardinals.

For the 10th straight year, the Tom Shaw Performance training program was hosted at ESPN Wide World of Sports Complex at Walt Disney World Resort. This year, projected first- and second-day selections such as Phillips, Collins and Harold participated in the program in advance of the NFL Scouting Combine alongside current NFL players such as cornerback **Kyle Wilson** (New York Jets), cornerback **Tony Carter** (Denver Broncos), recently-retired cornerback **Ike Taylor** (Pittsburgh Steelers), linebacker **Marquis Flowers** (Cincinnati Bengals) and former Super Bowl MVP wide receiver **Santonio Holmes**.

Shaw has more than 25 years of experience in performance training for pro football, baseball, basketball and soccer players, including some of the biggest names in the NFL (**Tom Brady, Peyton Manning, Calvin Johnson, etc**). In all, Shaw has worked with **142 first round NFL selections, nine No. 1 overall picks and 10 Super Bowl MVPs**. He has trained elite NFL prospects in Central Florida since 2006.

The renowned performance coach and three-time Super Bowl champion strength coach with the New England Patriots discussed each of the four players who were selected in the first three rounds:

On Jordan Phillips: *Jordan Phillips is a big, tall, athletic kid. He's 6'5" and over 300 pounds, and he can hang a back flip from a standing position. He had back surgery when he was younger but experienced no complications during training, which means he will only become more explosive as he matures. He is dedicated to being really good.*

On Jalen Collins: *Jalen Collins is a tall defensive back who reminds me a lot of Ike Taylor. He has great dedication; he's a hard worker. He got caught in the shuffle at LSU with so many defensive backs and they tried to play everyone. He will only get better the more he plays in the NFL with more reps and more time on the field. Just like Ike, the longer he played, the better he got. He'll play a long time*

because of his work ethic and his dedication.

On Eli Harold: *Eli Harold is a freak. He's the Khalil Mack of this year. Eli went to a bigger school and got better and better throughout the year. He's not ranked as highly as Khalil was last year, but he has a chance to be just as good. He did anything and everything we asked during training. He understood everything; he asked a lot of questions. Eli calls himself "the lion" because he always wants to be the top dog and the best player on the field.*

On P.J. Williams: *Florida State is known for having a lot of guys with big mouths, guys who talk when they get around other elite athletes. But P.J. Williams is the opposite. He's quiet; he's hard working; he leads by example. Not a lot of guys have those qualities as a defensive back and we were lucky enough to have two of them down here this year with P.J. and Jalen [Collins]. He is still here training. That's how badly he wants it. He doesn't want to get in shape when he joins a team, he wants to go out right away and prove he belongs. P.J. is the total package. He's a tall kid with the ability to come out of his breaks like he's 5'11". For a kid as good as him to know his limitations before he gets to the NFL is rare.*

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