

Henry and Prescott Led Tom Shaw Performance Athletes at NFL Scouting Combine

Several Tom Shaw Performance athletes turned in impressive showings at the NFL Scouting Combine in Indianapolis in February, and now prepare to hear their names called during the 2016 NFL Draft, which starts April 28. Among the athletes who train with Shaw at ESPN Wide World of Sports Complex at Walt Disney World Resort, Heisman winner Derrick Henry and Mississippi State's Dak Prescott had the most impressive performances.

Alabama's Henry shined in the measurable drills, placing 2nd overall at his position in the broad jump (10'10"), 4th in the 60-yard shuttle (11.50 seconds), 5th in the vertical jump (37 inches), and 8th in bench press, putting up 22 reps. He also posted the 11th best 40-yard time of the running backs at the combine, clocking an official time of 4.54 seconds.

Ohio State running back Ezekiel Elliot entered the NFL Combine as the most highly rated back, but Henry out-performed Elliot in every drill except the 40-yard dash.

For the quarterbacks, Mississippi State's Dak Prescott also did his part to stand out in a class crowded with signal callers. He ran a 4.79 40-yard dash, good enough for 6th overall at his position, and posted a 32.5-inch vertical jump (5th overall) and a 9 foot, 8-inch broad jump, both of which were the 5th best marks amongst quarterbacks.

Both Henry and Dak will return to ESPN Wide World of Sports Complex after they participate in their respective Pro Day workouts in early March.

Shaw, the renowned performance trainer, has worked with several marquee NFL players, such as Calvin Johnson, Deion Sanders, Peyton Manning and Tom Brady. Over the years, he has trained 145 NFL first-round draft picks, 10 No. 1 picks and 11 Super Bowl MVPs. Prior to establishing his own performance camp at Walt Disney World Resort, he was on the strength and conditioning staffs for Florida State University, the New England Patriots and the New Orleans Saints.