

# Bucs QB Jameis Winston, Top 3 NFL Draft Prospect Jonathan Allen Among Marquee College and Pro Athletes Training at ESPN Wide World of Sports Complex at Disney

Bucs QB Jameis Winston and former Alabama DE Jonathan Allen are training at ESPN Wide World of Sports Complex at Walt Disney World Resort with **renowned performance trainer Tom Shaw**. Winston is working with Shaw to improve his speed and accuracy, while Allen is preparing for the 2017 NFL Combine.

This year, Shaw has more than 40 NFL prospects in his program, including **Allen**, who is projected to be the **No. 2 overall pick in the 2017 NFL Draft**.

Some of the workouts with Winston and Allen involve training with other college players, NFL veterans, MLB stars such as **Carlos Gonzalez** and **Hall of Famer Barry Larkin**. Shaw has worked with other notable NFL stars, such as Dak Prescott, Peyton Manning, Calvin Johnson and Deion Sanders, among others.

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 which 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.