

# DOING WORK WITH DJONKINS SPORTS

## THE WOODLANDS HIGHLANDER ADAM ALDRED



The Woodlands High School's Adam Aldred jumped onto the baseball scene as a sophomore, holding down first-base for the state-ranked

Woodlands Highlanders. After summer showcase ball with the Banditos Baseball Club and a productive offseason, Aldred is ready to build on last year and have a break out campaign in 2011.

"We are really focused on winning district, and we want to make a run for state after last year's disappointing finish," he said. "We have a lot of pitching so we should be set up pretty well."

While Aldred is listed as a first-baseman, he will get an opportunity to be a starting pitcher next year as the upperclassmen begin clearing out. Aldred will be physically prepared to strike at his chance, having been training with Derrick Jonkins over the past eight months.

Jonkins, who has clients across the country, trains out of the Legends Sports Complex in The Woodlands when he is Houston. He has proven to be one of the top trainers for the company he keeps. From professional clients all the way down to youth, Jonkins gets his athletes results regardless of the competition level.

"Derrick puts me through workouts that are all baseball-oriented," Aldred said. "We aren't doing things for football to get huge and bulky, but a lot of core and flexibility to get me ready for the season."

While Jonkins puts him through the rigorous workouts, Aldred is dedicated enough to begin his training at 5:30 a.m. four days a week. His dedication to getting bigger, faster and stronger makes him different than your average high school player.

"I don't see many high school kids getting up that early to work out before school," Jonkins said. "Not to many kids are willing pay that kind of price at that age."

"We work on legs Mondays and Thursdays and do upper body on Tuesdays and Fridays," Aldred aid. "I want to get stronger and more athletic, so when I get in front of college coaches I'll be ready to perform."

"My strength is definitely my pitching, and strong legs definitely help with pitching," he said. "You have to have good lower body strength when pitching and hitting and Derrick does a great job building that base."

While he's been a life-long Braves' fan, Aldred's favorite pitcher is New York Met Johan Santana.

"I love his pitching style and I try and mimic what he does," Aldred said. "I love his change-up and I use that as one of my go-to pitches."

Ranked in the Top 12 percent of his class, Aldred's academics, work-ethic and natural talent have him on the fast-track as it relates to college recruiting.

"I really trust Derrick Jonkins and how he's getting my body prepared for the next level," Aldred said. "He's teaching me things that I can use every day and it's no surprise that so many athletes go to him for extra training."

