

Tyreke Evans

the Next LeBron James?

As I watched Tyreke Evans during his photo shoot, I couldn't help but notice how precious he is. Tyreke wears his fame like a badge of honor but was more concerned with the one-on-one game taking place at the other end of the court, than his cover shoot. "That's a foul," yelled Tyreke as Nasir Robinson drove past Khalil McDonald, two of Tyreke's American Christian School teammates. "Tyreke look this way, please," implored the photographer's assistant. Tyreke smiled, then charmed the camera with the same ease that he displays on the court. For Tyreke whether it's dealing with cameras or the basketball court, it's all too easy.



Raised in a family of five boys, Tyreke is the youngest. Reggie, Dion, Pooh and Doc Evans have all played important roles in the skill development of their youngest brother. Reggie was Tyreke's first coach from the age of four through ten. After noticing Tyreke's ability at age four, Reggie brokered a deal to be a volunteer Bidy League coach in the six year old division only if Tyreke were allowed to play. Said Reggie, "Since I was the coach, I could sneak him on the six year old team. Tyreke has always had the circle of his brothers surrounding him, teaching him about life as well as basketball." Pooh, who won a state title as a star point guard for Chester High School in the early 90's has served as a role model while Dion and Doc coached Tyreke on the nuances of basketball from shooting to clock management.

At age twelve, Reggie decided that Tyreke should focus on basketball. Shortly thereafter, American Christian School offered Tyreke a full scholarship after watching him lead his team to another championship. In his first varsity game as a seventh grader, he scored 27 points to lead ACS to a one point victory over Life Center School featuring current Chicago Bull, Luol Deng. After this game, Tyreke earned his nickname, Too Easy, as one crowd spectator was heard yelling, "He makes the game look too easy!"

The next summer Tyreke grew four inches to 6'3" and was ranked #30 (among 8th graders) in the country. He earned MVP honors at CAMP NEXT, Reebok's All-Star Game. Two weeks later, Tyreke lead his AAU team to the 14-under National Championship at Disney's Wide World Of Sports Complex. As a result, he was named the #1 eighth grader in the country. Word spread about this new phenom on the basketball scene. LeBron James heard about Tyreke and invited him to work out in Cleveland with him. After his trip to Cleveland, Tyreke learned more about the business side of basketball and a friendship was forged with LeBron that continues today. Says Tyreke, "I talk to LeBron all the time. I consider him a mentor. He reminds me to stay on top of school and to work on my weaknesses." Next up for Tyreke was Michael Jordan's private camp in Santa Barbara, California, where he was the youngest player ever to be hand-picked by Jordan to workout with other pro and college players. "I was the youngest player there and those guys tried to use their size against me. I knew for next year that I have to be in better shape and stronger. I talked to my brothers about hiring a trainer," commented Tyreke.

"At Jordan's Camp I talked to one of Tyreke's

friends, Mustafa Shakur from the University of Arizona and he said that he trained with LaMont Peterson from MAXIMIZE!, who was also at the Jordan Camp. When we got back east, we set up a meeting with LaMont and were very impressed with his experience and client base. He has trained guys like Dajuan Wagner, ex-Cleveland Cavalier, Kyle Lowry, Shane Clark and Bilal Benn, all from Villanova University, Sean Singletary from University of Virginia, and Rob Kurz, University of Notre Dame, just to name a few" said Reggie.

Being ranked #1 this year as a tenth grader, he saw all three major sneaker companies engage in a bidding war to dress the ACS basketball team. Reebok won the bid and ACS became the first official Allen Iverson high school team, meaning the team is outfitted in A.I.'s signature line from head to toe.

This season Tyreke averaged 26 points, eight rebounds, four assists and three steals per game. Even though he is currently ranked number one, Tyreke knows that he has to train harder this year than he ever has in the past. MAXIMIZE! has been hired by the Evan's family to oversee every aspect of Tyreke's training from nutrition to preventive maintenance. Says Peterson, "Tyreke's training is six days a week prior to the start of spring ball. Flexibility, stretching and balance are done Monday through Friday, while speed and agility training is performed three days a week. Strength training is conducted four days a week. Basketball related skill-work takes place over six days with an emphasis on footwork drills on Saturdays with footwork guru, Peter Carrera. The footwork drills are designed to help create separation, momentum and spacing."

Tyreke's nutritional program has been designed by former Dallas Cowboy, Lloyd Yancey. The goal is for Tyreke to play at 210 pounds by the end of this year. Currently, he is 6'5" and weighs 200 pounds.

Finally, Tyreke gets preventive maintenance work done at the All Pro Chiropractic Health Center in Aston, PA. Dr. Ted Tourlitis oversees the wellness aspect of Tyreke's program which includes back realignment, deep tissue massages and whirlpool exercising. If all goes according to Reggie's plan by years' end, Tyreke will make being ranked the #1 eleventh grader in the country, TOO EASY!!!!!!!