



**SPORTS**  
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## "Local Baseball Star Prepares For Second Season In Majors"

Spring training of the MLB is right around the corner and Columbia's Dan Uggla is looking forward to his second season in the big leagues.

Uggla, who plays second base for the Florida Marlins, has been putting in the work to insure he's there for many years to come.

Uggla said training isn't his specialty. He said, he even loses sleep over it and gets nervous about working out at D1, an athletic training facility in Franklin.

The days of relaxing in the off season for professional athletes, is over. Facilities like D1 help athletes like Uggla stay at their peak, year round.

"This is where you get better mentally and physically," said Uggla. "You just can't beat this kind of workout even though it's harder than... I don't know what."

The work Uggla puts in, in the off season shows just how hard you have to work to play sports at the professional level.

Despite Uggla's successful rookie season, he knows there is always someone looking to take his spot, in case he stumbles.

Uggla said he knows more is going to be expected of him this year. He too expects more of himself.

Last season, Uggla made the All-Star Team and finished third in the voting for National League "Rookie of the Year."

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