



good energy

# Athlete of the Month



## SEAN WELCH #23 BOWDOIN COLLEGE - DB

*Congratulations Sean!* “Hard Work, Pays Off” In October, SEAN, a 2004 Ramsey H.S. Captain, led Bowdoin College to a 5-1 record as their starting cornerback. Bowdoin College head coach, Dave Caputi had this to say about Sean, *“Sean has thrust himself into the starting lineup as a freshman because of his competitiveness and great work ethic. Not only is Sean ‘game ready,’ but has the quickness to play cornerback and tackles well enough to play safety.”* SEAN performed 2-on-1 PARTNER CORE – STRENGTH training 3 days per week at good energy in the spring & summer and excelled in our 10 WEEK Summer-Conditioning program.

The future looks bright for SEAN WELCH #23 and the 6-1 Polar Bears of Bowdoin College.

**GO GOOD ENERGY!**

**PROFESSIONAL TRAINING CENTER**

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