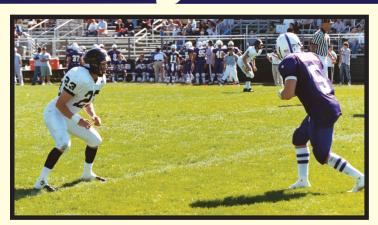


Athlete of the Month



SEAN WELCH #23BOWDOIN 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 thrusted 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!



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