



good energy

Athlete of the Month



TAYLOR CIALI #58 **ST. JOSEPH'S-MONTVALE – OL/DL**

CONGRATULATIONS, TAYLOR! “Hard Work, Pays Off!” In November, **TAYLOR CIALI**, a Ramsey native, led St. Joe’s-Montvale toward their 7th Straight Non-Public Group III State Championship. **TAYLOR** has trained with *Good Energy* owner, **Pete Ohnegian** since he was an 8th grader. As a senior, he has developed into one of the most complete offensive linemen for St. Joe’s-Montvale. **TAYLOR’S** ability to run block, pass protect and pull in front of the Green Knight’s talented backfield has opened the eyes of many college coaches from Division 1 – Division III. **TAYLOR** is currently being recruited by the University of Buffalo, Temple University, Lehigh University, Amherst College and Iona College.

TAYLOR’S workout regiment at *Good Energy* consists of the **Winter Strength** program 3 times per week and the **2-on-1 partner CORE – STRENGTH** training 3 days per week in the spring as well as our **10 WEEK Summer-Conditioning** program. Good luck, **TAYLOR** in all your future endeavors.

GO GOOD ENERGY!



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