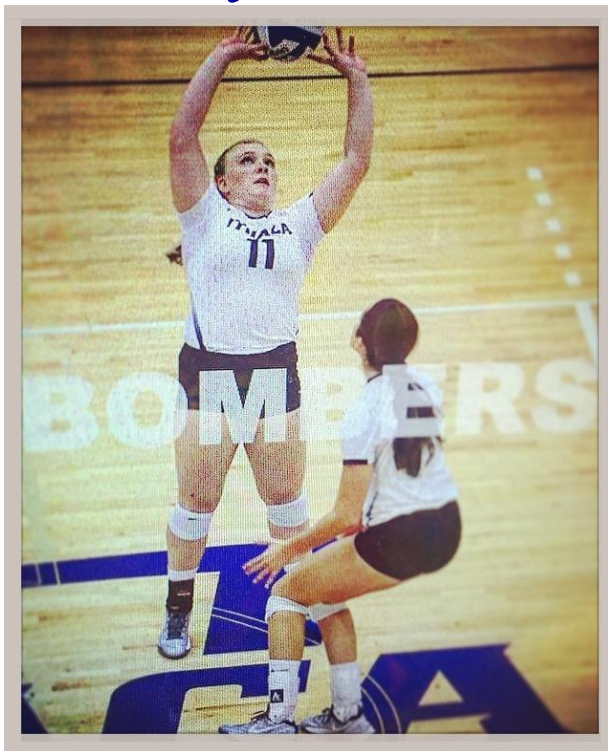




## Athlete of the Month



### **CAITLYN FLOYD #11** ***Ithaca College***

Mahwah's (IHA) Caitlyn Floyd (@cfloyd16) is Good Energy Training's 2016 September Athlete of the Month. Caitlyn has led the Blue Bombers with 337 assists thru 17 matches (58 games) & Ithaca boasts a 13-4 record so far this Fall.

Caitlyn's stats were equally as impressive at @getraining in 2016 where she has trained 103 sessions between Jan 2 thru Aug 15, 2016. In Phase II of our Summer '16 program, Caitlyn set the All Time GE 1RM Squat Record with her 325lb squat.

Caitlyn's diligent Work with @clin2424 & @mjimenez28 in our S&C program allows her to be "IN CONTROL" as the setter for the Bombers in just her freshman year. Keep up the Great Work, Cait!

#GEResults #GETSerious#TrainWithAPro #HardWorkPaysOff #GEProgramSince2003

**Caitlyn**, your preparation & dedication to the GE Program is an inspiration for our entire **GE Team!**  
**We wish you continued success for you & the Blue Bombers in your freshman campaign.**

**GO GOOD ENERGY!**



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