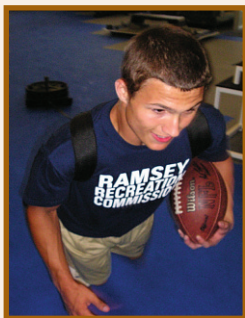




good energy

# Athlete of the Month



## DAVID DUVALL #27: RAMSEY H.S. - RB/DB

**Congratulations, David!** "Hard Work, Pays Off!" **September Athlete of the Month** was amazing in the opening month of his senior season, rushing for over 400 yards and scoring 2 touchdowns in only three games for **Ramsey H.S.** David's latest accomplishment was throwing the winning touchdown pass on Friday, September 29, 2006 in a 21-14 victory over perennial power Ramapo H.S., giving the **Rams** an unblemished 3-0 record.

**David** trained all summer at **GOOD ENERGY**. He performed **Strength Training** 3 days per week and was a leader in our **12-Week Speed and Conditioning Program**. **David** never missed a session, including the running workouts at 6am so the **Good Energy Team** could beat the summer heat!

It is awesome to see all **David's** hard work culminating into great success this fall, but we are not surprised. **David** is dedicated to our program both mentally & physically during the season as well, and we look forward to working with him on Monday. Our **In-Season Total Body Strength Workout** includes **Stretching both dynamic & static** helping **David** recover faster, and recharge his body for the upcoming week of practice and gameday.

"**David** - continued success to you on the gridiron and in the classroom!"

**GO  
GOOD  
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