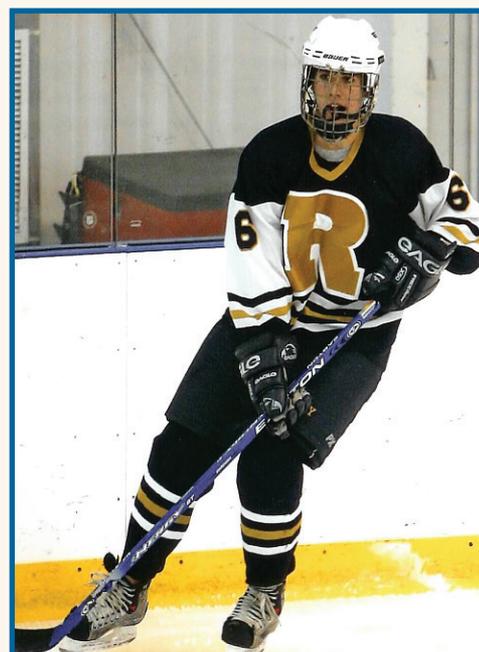




good energy

# Athlete of the Month



## BRIAN MAISCH #6 RAMSEY HIGH SCHOOL

**Congratulations to Brian Maisch, "Hard Work, Pays Off!"** *January's Athlete of the Month* received this honor for his steady play and leadership as a senior defenseman for Ramsey H.S. Hockey's State Playoff run this past month. **Brian**, a.k.a. **"Shaggy"** helped defend the Rams' net-minder and paced the Rams to a 4-2-1 record in January.

Two years ago, **Brian** came to **Good Energy** to put on size & strength following his sophomore football season. This past fall, **Brian** decided to "stick" with his true passion for his senior year which is hockey. **Brian** committed himself to improve his "on-ice" performance by playing Fall Travel Hockey and working out at **Good Energy** 2-3x per week with his fellow blue-liner, sophomore **A.J. Fleming**. **Brian** is pictured above performing a "Reactive Warding" movement at our facility, simulating a "hockey specific movement" in which he will leverage his opponent on the boards and maintain possession of the puck! The **Good Energy Staff** provided **Brian** with a variable training program to *increase his performance* this winter on the ice and *minimized his risk for injury*.

**Brian** not only focused on training and hockey this Fall, but excelled in the classroom and on his College Board Tests. In January, **Brian's** excellence in the classroom culminated with his acceptance to **LEHIGH UNIVERSITY**, his 1<sup>st</sup> Choice!

We are confident that **Brian's** *Hard Work* at **Good Energy** has maximized his athletic development by increasing his strength and explosiveness on the ice. We are Proud that **Brian** came back to **Good Energy** after changing his athletic goals, and not only succeeded on the ice, but his own *Hard Work, Commitment and Discipline* in the classroom has enabled him to continue his education at the school of his choice!

**Congratulations, Brian!** Good Luck in the *State Playoffs*, and with all your future endeavors ~ You are a Winner!

**GO GOOD ENERGY!**



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