



good energy

# Athlete of the Month



## KATIE NESTOR NORTHERN HIGHLANDS

**Congratulations to Katie Nestor! "Hard Work, Pays Off!"** *May's Athlete of the Month* received this honor for her record breaking track performance at the State Sectionals on May 25, 2007 at Wayne Hills H.S. breaking the **Northern Highlands** 400 Meters Record with a time of 59.10, shattering the old mark of 59.36.

**Katie Nestor** has impressed the **Good Energy staff** since she stepped foot in our facility on February 6, 2006. **Katie** told our staff that she wanted to **"get stronger"** for her distance running. **Katie** has not looked back and continues to break new ground in her athletic accomplishments. This past Winter, **Katie** decided to run some shorter distances during Winter Track, and was named **1st Team All-Around Athlete** for her success in both distance runs (1 & 2 Mile) as well as Sprinting (400 & 4x400 Relay).

**Katie** has a body composed with Type II muscle fiber, i.e. fast twitched muscle fibers. **Pete Ohnegian**, owner of **Good Energy**, told **Katie** after her first few sessions at **GE**, that she was **MADE** to be an explosive athlete, but it was not until this Winter and ultimately Spring Track that **Katie** experienced the rewards for her hard work - strength training and maximizing on her genetic make-up.

**Katie** excelled on the 4x400 Relay Team for **Highlands** and during the NBIL League Meet on May 10<sup>th</sup>, she recorded a personal best split time with a 59.4. **Katie** also recorded her best time in the 800 this Spring with a 2.22 at Hackensack H.S. on May 29<sup>th</sup> in the Bergen Meet of Champions. For her successful May performances on the track, **Katie** received **1st Team All-NBIL and 3rd Team All-County**.

**Katie's** most impressive characteristic is her **DRIVE** to continue to improve as an **ATHLETE**. In addition to visiting Ivy League and Patriot League schools this summer, **Katie** is already back in the gym getting stronger, working with a **Sport's Nutritionist @ Good Energy**, and on the track improving her running mechanics. **Katie** is a **National Merit Scholar** and hopes to improve her chances for recruitment at the nation's best academic institutions with her success on the track next year to go along with her impressive academic background.

**Katie**, the **Good Energy Staff** is **PROUD** of you and knows that 2007-08 will be your **BEST** Academic & Athletic year yet!

**GO GOOD ENERGY!**



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