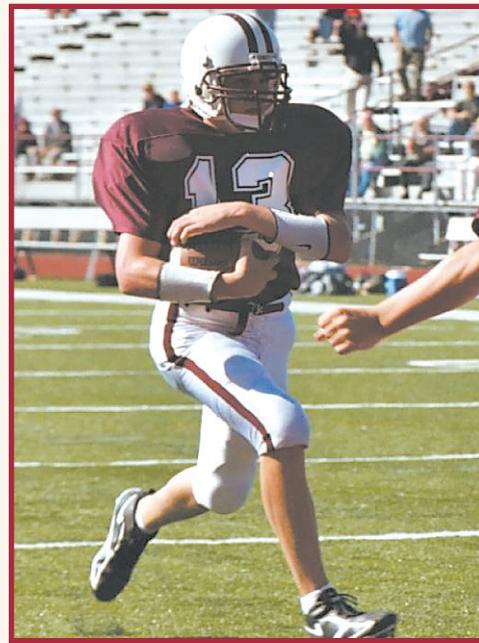
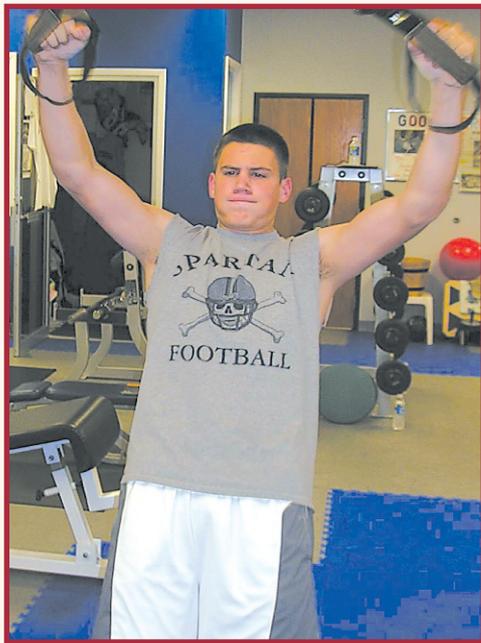




good energy

Athlete of the Month



BRETT KNIEF #13 **DON BOSCO PREP**

Congratulations to Brett Knief "Hard Work, Pays Off!" *June's Athlete of the Month* received this honor for his standout performances in **TWO SPORTS** in one month! **Brett** was a force for the **Ironmen** at the plate in their County Championship and State Playoff run and excelled at quarterback for **Bosco's** 7on7 Championship victory against South Florida's much heralded Booker T. Washington H.S. in the *Schiano Shootout* June 16th.

Brett's impressive **June** started with an explosive outburst against Seton Hall Prep on June 1st in the North Non-Public A State Playoffs. His performance was highlighted by two Bombs (1 HR & 1 Double) off of highly touted and first round draft pick **Rick Porcello** in a 9-8 loss. **Brett** finished the game 2-4 with 3 RBI's which followed his 3-4 performance against St. Joe's-Montvale on Tuesday in the State quarterfinals. **Brett's** success at the plate continued in the County tournament for the REPEAT Bergen County Champions as he produced four hits in seven plate appearances in the final two games and received 2nd team All-League honors as a sophomore.

Following his baseball success, **Brett** immediately switched uniforms and added a helmet to direct **Bosco's** exciting Championship run and victory as their starting QB in the *Rutger's 7on7 tournament*. **Brett** continued to alternate his sports this Summer. **Brett** was chosen to participate in the *SelectFest Baseball Showcase* and traveled to Cobb, GA for an exclusive AAU baseball tournament. His summer commenced with a respectable 5th place finish in the National Select 7on7 at **Hoover H.S.** in Alabama.

Brett came to **Good Energy** during Freshman year at **Don Bosco Prep** following an impressive Fall where he led the **Ironmen** to an undefeated season as the QB/LB and punter – he is pictured above scoring a TD against Delbarton. The **GE Staff** has spent the last two years trying to add lean muscle to **Brett's** frame while maximizing his strength, maintaining his flexibility and minimizing his risk for injury. **Brett** trained at **GE** 2-3x per week this past winter to add 15 pounds of muscle in addition to training in **Bosco's** team organized workouts and preparing for baseball. **Brett** excels in the classroom and uses his spare time to study "x's and o's" in order to mentally prepare as **Bosco's** Offensive commander this Fall filling the void left by Matt Simms.

Brett is a standout in our *Performance program* and demonstrates an exemplary work ethic and commitment to get better. **Brett** was already an ELITE athlete when he came to **GE** to physically and mentally prepare to play at his best. **We** are proud that he has chosen **Good Energy** and can't wait to experience **ALL** his pressure packed moments during his junior and senior years at **Don Bosco Prep**.

*The Future is NOW, **Brett!** Be Strong, Play Hard and HAVE FUN!*

GO GOOD ENERGY!



PROFESSIONAL TRAINING CENTER
260 W. Crescent Avenue #2, Allendale, NJ 07401
201-760-9900
www.goodenergytraining.com