



good energy

Athlete of the Month



JACK TEMPLETON #79 DON BOSCO PREP

Congratulations to Jack Templeton "Hard Work, Pays Off!" *October's Athlete of the Month* is the **BIGGEST & BADDEST** of the **Don Bosco Ironmen!** **Jack** is the left guard for Bergen County's #1 Football Team and the #18 nationally ranked high school team in the USA today. **Jack** received this honor for his leadership and dedication in becoming the best offensive lineman on a team that has "re-loaded" from losing most of its offensive line to graduation last year. **Templeton**, a junior, has not only solidified the offensive line, but has become the vocal leader for **Bosco's** current undefeated 2007 team currently playing in the Non-Public Group 4 Playoffs.

Jack came to **Good Energy** after winning the 8th grade Super Bowl Championship with the **Ramsey Spartans** quarterbacked by current **Don Bosco** signal caller, and fellow Ramsey native, **Brett Knief**. **Jack** had incurred some nagging injuries during his 8th grade fall including a shoulder & upper back issue which led to some muscular imbalances and immobility. The staff at **GE** was excited to work with **Jack** who made it clear that his intention was to play football at the highest level possible. Following his hard work improving his flexibility & strength in the Spring and early Summer at **Good Energy**, **Jack** took his *attitude and focus* to **Don Bosco's** summer conditioning where he ran drills with the Varsity as a freshman. **Jack** has never looked back.

Jack utilizes **Good Energy** as a supplement to an already thorough **Bosco** in-season and off-season strength & conditioning program, and manages to play some JV Ice Hockey for the **Ironmen**. We take pride in our ability to micro-manage **Jack's** lifting techniques and assure his coaches that our program and philosophy is to improve his ability to play offensive line for a **Don Bosco Prep** team that is predicated on *SPEED - Fast, Strong & Explosive football players*, NOT weightlifters.

On February 21, 2005, **Jack** arrived at **GE** a supersized 5'11 188 pound 8th grader with the desire to start at **Don Bosco Prep** and get recruited by Division 1 colleges. NOW a stout 6'3 250 pounds, **Templeton** is being courted by *Boston College & Northwestern* due to his exemplary work ethic in the classroom and on the gridiron. It has been our pleasure watching the maturation of **Jack** as an athlete and young man and we are proud that he has chosen **Good Energy** as the *Performance Center* to assist him in *achieving his goals!*

We must note that "thanks to **Jack**," **Good Energy** has been able to provide **Don Bosco Prep's** freshman team with their **BEST** offensive lineman the last three years including **Peter Meile** in 2006 & **T.C. Picariello** this Fall.

Best of Luck in the Playoffs, Jack...but your preparation and drive does NOT require LUCK.

GO GOOD ENERGY!



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