



good energy

# Athlete of the Month



## TAYLOR SHEA #34 WILLIAMS COLLEGE

**Congratulations to Taylor Shea! "Hard Work, Pays Off!"** *January's Athlete of the Month* was a force for the **Williams College Women's Basketball** team as a freshman! **Taylor** ended an impressive January with a 13 point performance in the 2<sup>nd</sup> half versus rival and previously unbeaten *Amherst College* to lift the **Ephs** to a 68-58 victory on January 26, 2007. Thanks to **Taylor's** dominance in the 2<sup>nd</sup> half, **Williams** eliminated the Lord Jeff's from the unbeaten ranks to 17-1 and it marked the first time **Williams** defeated their rivals since 2002. For her efforts, **Taylor** was awarded **NESCAC Player of the Week** in which she averaged 14.5 points and 10 rebounds in two games.

**Taylor** was a standout basketball player for **Northern Highlands**. Following a devastating ACL (knee reconstruction) injury, **Taylor** was sidelined from basketball for her junior year after stellar freshman and sophomore seasons. She played much of her senior season less than 100% but demonstrated her athletic prowess in the Spring of 2007. As a senior, **Taylor** was introduced to the field events by a friend, and performed at such a high level that she earned *1st Team All-County Honors* after winning the **Bergen County Title** in the discus.

**Taylor** has trained at many gyms over the course of her athletic career. **Good Energy** was excited that she chose our *Performance Center* prior to entering the collegiate level. The **GE Staff** excels in preparing athletes for the rigors of **NCAA Athletics**. Pictured above, **Taylor** is performing a reverse lunge. *The Good Energy Staff* specifically designed **Taylor's** workouts to create *Total Body Strength* while focusing on stabilizing her joints to provide her with the strength to enter college 100% both mentally & physically with her "New Knee!" **Taylor** responded well to our *Personal Training* & was enthusiastic each time she entered our facility.

**Taylor's** success at **Williams College** is no surprise to the staff at **Good Energy**. She worked hard this Summer and was driven to succeed at the Collegiate Level. **Taylor** averaged 11.5 points and 9.1 rebounds per game for **Williams** who completed their 2007-08 campaign with a 16-9 record following a brief run at the *Division III Playoffs* and the **NESCAC title**.

**Congratulations - Taylor**, the **GE Staff** is **PROUD** of you and we look forward to Fueling your College Summer's with **Good Energy!**

**GO GOOD ENERGY!**



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