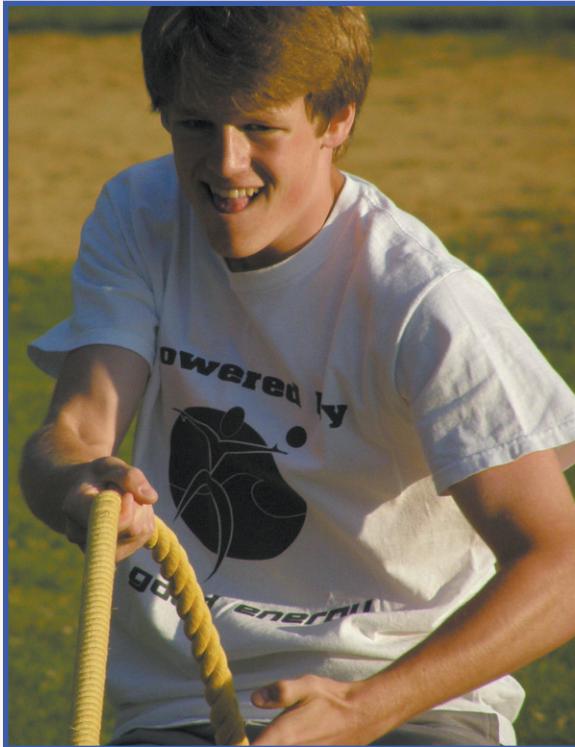




good energy

Athlete of the Month



GREG MAISCH #10 **RAMSEY HIGH SCHOOL**

Congratulations to Greg Maisch, "Hard Work, Pays Off!" *March's Athlete of the Month* led **Ramsey** to a 20 win season and to a State Quarterfinal victory vs. #8 seed Cranford, 4-1. **Greg** was one of two seniors for the **Rams** this winter along with fellow Captain and senior, **John Tosto**. Together, **Greg & John** were the leaders on and off the ice for first year **Head Coach Bob Toy** who needed their support in changing the face and culture of **Ramsey Hockey**. **Greg** was receptive to **Coach Toy's** discipline and tenacious style of play and lead the **Rams** to a first place finish in the **NBIAL** and a **#1** seed in the *State Tournament*.

Greg joins brother & former **Ramsey Hockey** standout **Brian** as **Good Energy's Athlete of the Month**. **Greg & Brian** are the first siblings to win the award and it comes as NO surprise with their passion and excellence on the ice. **Greg** has skated with the Varsity since he was a sophomore and has always been counted on for his superior stick skills with precise passing and his ability to score. He finished his senior campaign with 8 goals and 8 assists despite missing most of the first month of the season with mononucleosis. Despite his absence from the ice, **Greg** was still honored by the coaches of the **NBIAL** with *Honorable Mention All-League*.

Greg was never a "weightlifter" and it took a warm invite and some persuading by the **Maisch** family for him to begin performance training at **Good Energy**. **Greg** became a believer quick, and was game to **ALL Good Energy's Performance** workouts including their unique "Dryland Hockey Workout", Bootcamps, & countless Speed, Strength & Conditioning workouts. Not only did **Greg** excel in the **GE Program** but was a catalyst in the inception of **Ramsey Hockey "Team Training"** last Summer & Fall. Along with the help of **Andy Fleming & Coach Toy**, **Good Energy** supervised **TEAM TRAINING** for **Ramsey Hockey** 1 day per week **ALL** Summer & Fall.

We thank **Greg** for believing in **GE TRAINING** and although very soft spoken, we know his strength in the corners and ability to remain physical throughout the 2007-08 season can be attributed to much of his **Hard Work @ GE** this off-season. **Greg** is undecided on where he will attend college but his work ethic and leadership in our facility, on the ice and among his peers will enable him to be successful in whatever his future holds and we are glad he is on **OUR TEAM!**

GO GOOD ENERGY!



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