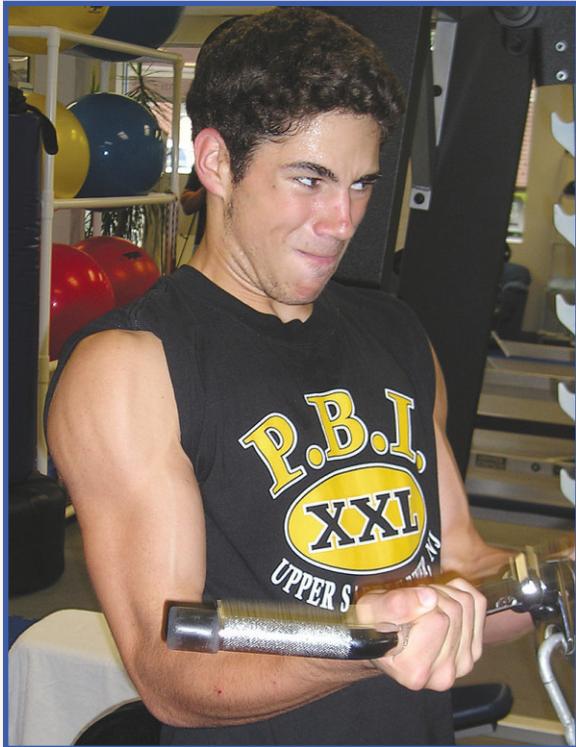




good energy

Athlete of the Month



ANTHONY D'ALESSANDRO #3 MAHWAH HIGH SCHOOL

Congratulations to **Anthony D'Alessandro**, "Hard Work, Pays Off!" **April's Athlete of the Month** led **Mahwah** to a 7-7 record and its first State Playoff berth in twenty years. Just a sophomore, **Anthony** has been a hitting machine since day one this spring, batting .489 and on base one out of every two times he steps to the plate. Our hats are off to **Anthony** for not only being the hitting star for the **T-Birds**, but the emotional and vocal leader for **Mahwah** in his second year of high school. He has excelled under new head coach and long time football coach, **Jeff Remo** and assistant **Doug Cinella** (owner of PBI in Upper Saddle River).

Anthony is one of the best athletes in his class and although he could be a three sport standout (football included), he has focused on baseball & basketball since entering high school. His additional hitting statistics from **April** include 15 runs scored, 10 runs batted in, 2 home runs, 5 doubles and 12 stolen bases. **Anthony** has not rested on his success. He continues to train at **Good Energy** 1x per week during the season to remain balanced and strong throughout the Spring & Summer. **Anthony** started at **Good Energy** as an 8th grader and has been a believer in our off-season training program developing his strength & flexibility - increasing his athleticism and explosiveness while minimizing his risk for injury.

We look forward to **Anthony's** continued success in his next two years at **Mahwah**, but we will enjoy the moment with him and his fellow **T-Birds** who believe and have the focus that they can win every game despite their lack of veteran arms on the mound. **Anthony** is the quarterback of the outfield at his centerfield position, but has played second base, shortstop, third base and pitched for the **T-Birds** and several Elite AAU travel teams.

We thank **Anthony** for utilizing **GE TRAINING** as a resource in his record-breaking season for **Mahwah** and we appreciate his commitment and work ethic in our program. **Anthony** understands that to **Be The Best** it takes more than showing up for practice and games and we commend him for doing "the extra" to have an edge over his competition and lead the **T-Birds** to the *Group 2 State Playoffs!*

Anthony – **Train Hard & Play Great!** You have tons of success ahead of you and the **GE TEAM** is on the bus!

GO GOOD ENERGY!



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