



good energy

# Athlete of the Month



## CATHY JACOBS #22 NORTHERN HIGHLANDS

**Congratulations to Cathy Jacobs!** "Hard Work, Pays Off!" **October's Athlete of the Month** was the defending force behind this year's **Northern Highlands Soccer Team!** **Cathy** was a captain and the sweeper for the **Highlanders** in their quest for State & County crowns this fall. Although the **Highlanders** were stopped short in the County semifinals by Ramapo and were upset by Pascack Valley in the States, **Cathy** earned *1st Team All-League honors and 3rd Team All County.*

Last Spring **Cathy's** Dad came to **Good Energy** to consult with owner *Pete Ohnegian* about purchasing a package for Strength & Conditioning training following her season ending ACL injury as a junior. **Mr. Jacobs** had read **Taylor Shea's** *Athlete of the Month* article and knew **Taylor** came back from her ACL and trained at **Good Energy** prior to excelling as a freshman for the *Williams College* basketball team. **Mr. Jacobs** was satisfied with **Good Energy's** personal touch, knowledge and expertise in preparing athletes for the rigors of **ALL Sports** and signed **Cathy** up for two sessions of **Good Energy** training per week until soccer began in August.

**Cathy's** commitment to play at her best during her senior year started with her dedication to the **Good Energy program** this past Spring. However, much to **Cathy's** credit, she continued to train at **Good Energy** "in-season" despite spraining her MCL on her healthy knee midway through the season. **Cathy** utilized **Good Energy's training** to perform a total body workout one session per week to maintain her strength and eliminate any imbalances she may have incurred while leading the **Highlanders** to an impressive 17-2 record this fall.

Pictured above, **Cathy** is performing a *Change of Direction* exercise in the hoops - in order to prepare her for similar movements on the soccer field. **Good Energy** designed **Cathy's** workouts to create *Total Body Strength* while focusing on stabilizing her joints to provide her with the strength to play her senior season 100% both mentally & physically with her "New Knee!" **Cathy** responded well to our *Personal Training* & was enthusiastic each time she entered our facility.

**Congratulations - Cathy,** the **GE Staff** is **PROUD** of your resilient work on and off the field to lead your team this Fall.

**GO GOOD ENERGY!**



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