



good energy

Athlete of the Month



CONNOR O'CALLAHAN RAMSEY HIGH SCHOOL

Congratulations to Connor O'Callahan, "Hard Work, Pays Off!" November's Athlete of the Month excelled on his Club Hockey team – the New Jersey Bandits ALL fall. His hard work culminated in a victorious Silver Stick tournament on November 29th and 30th in Columbia, Maryland. **Connor** is a stout defenseman for the Bandits who named him Captain prior to the semi-final game in Maryland. In this game, **Connor** scored a key goal slicing in from the blue line to propel the Bandits into the International Silver Stick Finals in Port Huron, Michigan this January.

Connor came to **Good Energy** in the spring of his eighth grade to prepare for the rigors of high school hockey. He was young and brand new to strength training although he conditioned in various ways with his Club hockey team both on and off the ice. **Good Energy** commends **Connor's** Dad Brian who believed in our program despite **Connor's** nausea following his first few hourly sessions in which he was not quite prepared for our intense approach to training.

Connor is now fully committed to hockey, his school work and our program by eating properly, getting enough rest and approaching each task with the proper mindset. **Connor** not only physically got stronger the past 8 months, but his devotion to our program has separated him from other athletes his age who "just play the game," or have yet to "buy in" to the importance of a structured strength & conditioning program. **Connor's** commitment to **Good Energy** training is paralleled with his hard work in the classroom. He has become a more confident young man and is also stronger and more assertive on the ice.

Although just a freshman, we look for **Connor** to fit in well in **Ramsey Hockey's** revamped program. Second year **Coach Bob Toy** teaches a *disciplined yet tenacious style of hockey*. **The Rams** set the tone in each and every game and **Connor** should be a force for the **Rams** in the near future. **Connor** currently trains a one hour "In-Season" GE workout, but prior to his high school hockey season he was performing two or three tough workouts per week.

Connor's off-season program consisted of **Bootcamps** for *Conditioning*: Accelerating behind a sled, performing plyometric box jumps, broad jumps, jumping rope, sprinting in hoops and the agility ladder. In addition to *Conditioning*, **Connor** learned All the necessary strength training lifts including the Squat, Deadlift, Hang Clean, Bench Press, Shoulder Press & Lat Pulldown as well as many other lifts that are staples in our program. Above he is doing "Rope Pull-Ups" for Upper Body-Core & Grip Strength. **Good Energy's** conditioning and strength training along with our countless Core and abdominal exercises are important for ALL our athletes to maximize strength gains, minimize injuries so our clients ultimately PLAY BETTER in their respective sport.

Connor is in the infantile stages of his academic and athletic career but we are glad that he has chosen **Good Energy's Performance Center** to prepare him for excellence on ice for whomever he plays – the Bandits & **Rams**. We wish **Connor** the best and look forward to sharing his successful shifts this Winter and beyond.

GO GOOD ENERGY!



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