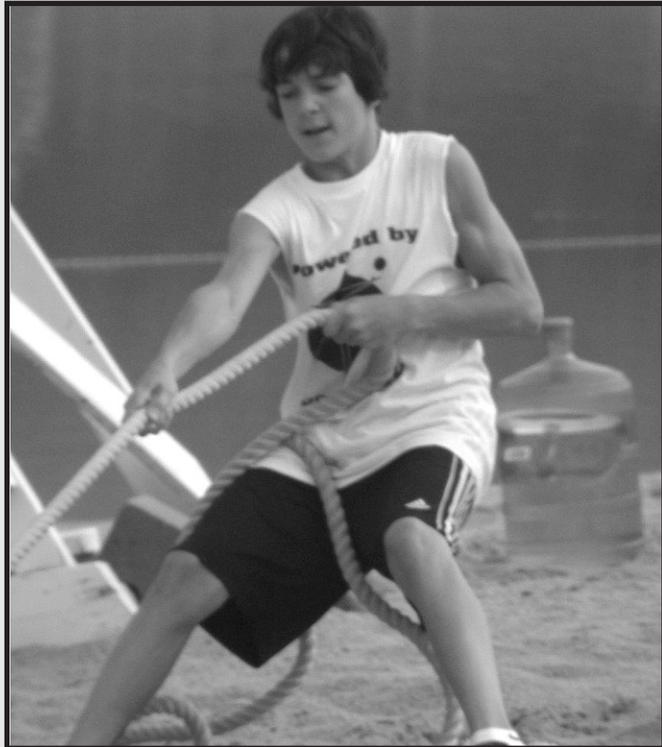




good energy

# Athlete of the Month



## JAKE FASSLER RAMSEY HIGH SCHOOL

**Congratulations to Jake Fassler, "Hard Work, Pays Off!"** December's Athlete of the Month scored the winning goal in Ramsey's 5-4 overtime victory against Glen Rock on December 27, 2008. Although just a sophomore, **Jake** has solidified himself as the 3rd line center and one of the specialists on the Rams power play. The Rams are currently unbeaten in their 2008-09 campaign (14-0-1) and upset Don Bosco Prep 4-3 in overtime to highlight their 2008 Ice Vault Holiday Classic Tournament Championship Game.

**Jake** has been training at **Good Energy** since his 8th grade summer as pictured above in the 6am Beach Workout! As an incoming freshman, **Jake** took training serious and was focused to have a successful four years of hockey. In addition to playing Club hockey for the Bandits, **Jake** has been committed to **Good Energy** training 12 months. **Jake's** training protocol is predicated on his hockey commitments throughout the year.

Two years ago **Jake** was a beginner to strength training, but approached our program with an open mind. His goals were to get stronger, add some muscle to his lean frame and become more explosive on the ice. He has paralleled his effort in our facility with his hard work improving his hockey skills on the ice. In addition to his sport specific training, **Jake** has become very attentive in fueling his body properly thanks to our **Sport's Nutritionist** and the support of his parents. **Jake** has added over 40 pounds since beginning our training.

**Jake's** success in hockey this December is NO secret to the **Good Energy** staff. **Jake** has sacrificed a lot of time and effort to compete at a high level. We want to thank **Jake** for his commitment to be the best and by leading the **GE TEAM** by his example on and off the ice. **Jake Fassler** is not only an accomplished student and athlete, but he is an Awesome kid and role model for the rest of our clientele and his teammates!

**GO GOOD ENERGY!**



**PROFESSIONAL TRAINING CENTER**  
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