



good energy

Athlete of the Month



ALICIA DANIELE # 11 IHA BLUE EAGLES SOFTBALL

Congratulations to Alicia Daniele, "Hard Work, Pays Off!"

February's Athlete of the Month is the starting pitcher for **IHA's** Varsity softball team this Spring. **Alicia** has yet to throw her first pitch in a regular season game, but her unmatched drive and commitment to our training program earned her this honor.

Alicia worked diligently ALL Fall & Winter during the "Off-Season" in **Good Energy's** "softball specific" training program.

Alicia's parents, *Rick & Carol*, are both high school teachers and coaches. Although *Rick* is retired from the sideline, he continues to oversee **Alicia's** softball development and was instrumental in hand picking her instructors including our staff at **Good Energy**.

We welcomed **Alicia** to our program which specializes in **Personal Athletic Performance** specific to our clientele's fitness needs. Last year our staff prepared softball pitchers *Brittany Baiunco (Ramapo H.S.)* and *Krissi Gorsuch (Holy Angels)* for their successful Spring campaigns and we welcomed the chance to work with another focused high school pitcher in our Fitness Shop.

During the economic woes of 2009, you read a multitude of banter regarding bootcamp classes and "group training." **Alicia** and her parent's have maximized on the **ONE on ONE** concept that **Good Energy** has specialized in for six years and our staff thoroughly enjoyed preparing **Alicia** for her best year yet.

Alicia bought into our CORE philosophy of developing explosiveness and power from the inside-out. She now can utilize her entire body on every pitch. *Rick (Alicia's Dad)* made it clear that he wanted our staff to focus on "Softball Specific"...make that "Pitching Specific" training that would provide **Alicia** with specific exercises to improve her pitching in the following ways:

- Pitching with greater efficiency (use her whole body – specifically hips and core)
- Increased velocity on her fastball & arm strength
- Improve stamina - not only to pitch the entire game but overall conditioning to pitch effectively the entire season.

It only took several sessions before **Alicia** and her parents noticed her increased power on the rubber. **Alicia** looked forward to each bi-weekly workout knowing she was improving her game while at our facility! Our Staff increased her foot speed by focusing on her ability to *Accelerate and Change Directions* quickly. Softball is a game of *Lateral or Multi-directional speed*. We incorporated Athletic Movement Workouts into **Alicia's** program to increase her foot speed on the base paths, but also to make her a more competent fielder as a pitcher.

Alicia was a participant in our **Sports Nutrition Program** and began to fuel her body differently this Fall in combination with her training. **Training properly is important, but eating clean takes our Athlete's to the next level.**

Alicia's commitment to excellence in Softball parallels her academics as she became a member of the *National Honor Society*. She also pitched in front of college recruiters during winter Pitching Clinics at *Bucknell, UPENN, Boston College and Harvard*.

We want to thank **Alicia** and her parent's for believing in our training and philosophy. Training **Alicia** for the softball season has been our pleasure and her success in the Box Scores this Spring will prove that **Personal Training at Good Energy** really works!

GO GOOD ENERGY!



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