



good energy

# Athlete of the Month



## CORY CONNELL RAMSEY HIGH SCHOOL

**Congratulations to Cory Connell, "Hard Work, Pays Off!"** *April's Athlete of the Month* is a pioneer in our newly established **Strength & Power program**. Five GE Athletes have teamed up to train 3 days per week in this **Strength & Power program** that is predicated on their Max lifts and evolves thru a periodized 24 week regiment. In the first 6 weeks (Phase I) – **Cory** has increased his *bench press* and *hang clean* by 25 pounds, and his *squat* by 15 pounds.

**Cory's** impressive strength increase is in combination with his excellence on "the Field" for **Ramsey's** Track team. Most recently, Thursday May 7<sup>th</sup>, **Cory** threw a 137-5 in the discus placing third in the **NBIL** as a sophomore. He has improved his personal record in the discus by 23 feet this Spring under the guidance of his his grandfather, Coach Bob Connell (Ramsey) while maintaining his intense training at our Fitness Shop. The following are Cory's achievements so far this Spring:

### Good Energy's Strength & Power Program:

<b>Phase I</b>		<b>Phase II</b>	
<b>March 23, 25 &amp; 26th</b>		<b>April 27 &amp; 29th</b>	
<b>Bench</b>	250	<b>Bench</b>	275
<b>Squat</b>	370	<b>Squat</b>	385
<b>Hang Clean</b>	185	<b>Hang Clean</b>	210

### Ramsey Track & Field – Spring 2009

- 3 Man Discus Relay Team**
- Polowski Relays – Gold (1<sup>st</sup> Place)
- Aviator Relays – Gold
- Twin Boro Meet – Gold

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Placed 2<sup>nd</sup> or 3<sup>rd</sup> in Every Dual Meet (5 in total)  
 Set a Personal Record against rival Mahwah – 129-5  
**3rd in NBIL League Meet 137-5**

### Made Honor Roll in School – last Marking Period

**Cory** started at **Good Energy** in 8<sup>th</sup> grade (picture on left) and has been a believer in our **Personal Performance Center** over the last three years for good reason – he has become *stronger & faster* and the *results prove it!* **Cory** prepares for football in our **Speed & Conditioning program** 2x week in the Summer and we anticipate his continued athletic success next fall as a 2-way lineman for **Ramsey's** football team.

**GO GOOD ENERGY!**



**PROFESSIONAL TRAINING CENTER**  
 260 W. Crescent Avenue #2, Allendale, NJ 07401  
**201-760-9900**  
[www.goodenergytraining.com](http://www.goodenergytraining.com)