



good energy

Athlete of the Month



MACKENZIE COBB - Gettysburg College

Congratulations, "Big Mac!" "Hard Work, Pays Off!" October's Athlete of the Month helped the **Gettysburg Women's Soccer team** to a 9 win season and made an immediate impact for the **Bullets** as a freshman! **Mackenzie** played more than half of every game - even in the month of October when she played with a sprained foot. Playing through discomfort to compete, that's **Good Energy!**

Mackenzie started training at **Good Energy** in the Spring of 2008. She wanted to add strength and lean muscle. However, she entered our program with a few **yellow flags**. **Mac** has many food intolerances so we had to monitor her nutrition. In order to gain lean muscle and get stronger, we had to reinforce proper nutrition and promote food as fuel.

Mac gives 100% effort at **Good Energy** - and builds stamina and mental toughness by training with such intensity. She believes in our program, including the *broad jumps with an oversized bag of towels as pictured*. **Mac** has increased her strength & conditioning enabling her to excel in her very busy athletic schedule. When **Mac** started with **GE**, she was committed to **Ramsey's** captain's practices, intense 7on7 games and traveling with her **Arsenal Club Team**. It was playing for Arsenal, that **Mac** was spotted by **Gettysburg Coach, Matt Garrett**. We interviewed **Coach Garrett** and he said the following about **Mac**:

"**Mackenzie** is very good with the ball and has quick feet! Although a bit undersized, she performed well as a freshman and we look for her to get stronger this off-season and be a leader for us in her sophomore year."

We were excited to talk with **Coach Garrett** and learned what **Mac** needs to focus on to get better at the collegiate level. Furthermore, the **GE Staff** will work in combination with **Gettysburg's Strength & Conditioning Coordinator** to formulate an appropriate plan for **Mac's** summer training routine prior to sophomore year.

This past summer, **Mac** performed strength training 2x per week & ran in our *Speed & Agility program*. She was one of the few **GE Girl's** who ran with the guys. After all, our **Speed & Agility** is to get ALL our Athlete's moving better and is not gender specific!

The **GE Staff** would like to thank Mac's parent's **Doug & Peggy Cobb** for believing in **Good Energy** and understanding that **GE** is more than just a gym. Peggy made a call to our shop earlier this Fall to share a few kind words:

"We just wanted to thank the **Good Energy Staff** for facilitating **Mac's** transition from high school soccer to **Gettysburg College**. She has successfully completed her first College Pre-Season and although it was the hardest week of her life, she loved it and is having a great time. Thank you for getting her in great shape and for *instilling in her the confidence needed to excel at the next level*. Thanks again for giving her plenty of **Good Energy** this Summer - she truly loved coming to train with the entire **GE Staff!**"

We are happy that **Mackenzie** has chosen the **GE Performance Center** to become a stronger and more conditioned soccer player and we look forward to following her four year Varsity career at **Gettysburg College**.

Pete Onegran's



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