



good energy

Athlete of the Month



TOMMY HAYDEN RAMAPO GREEN RAIDERS

Congratulations, Tommy Hayden "Hard Work, Pays Off!" *November's Athlete of the Month* led the **Green Raiders** by paving huge holes for running backs and running down quarterbacks. Tommy's senior leadership on the offense and defensive line helped guide the **Ramapo Green Raiders** thru a stretch of "must wins" in November just to get into the State Playoffs. On December 5, 2009 – **Tommy** and **Ramapo H.S.** completed their mission by toppling rival Wayne Hills in a snowy Giants Stadium to win the Group III State Championship!

Tommy started his senior campaign by committing to **Good Energy** following his junior year. Thanks to former **Ramapo** standouts like NFL linebacker *Blake Costanzo, Ryan Durfee, Andrew Durfee, Dave Ludwig* and Athlete of the Month – *John Kleinert*, **Tommy** accepted the challenge of training the "**GE WAY**" and received admirable results. **Tommy** was receptive to our personal training methodology in creating our Athlete's better and the **GE Staff** was appreciative of his work ethic. He trained 3x per week last winter performing Lower Body, Upper Body, Power and Speed & Agility training at our Shop.

In the Spring, **Tommy** was a member of our **Strength & Power Program** which consisted of a structured 3 day per week routine which included a Lower Body, Upper Body & Power day. He excelled in our program not only getting stronger but improved his technique in the main lifts – Bench, Deadlift, Squat & Hang Clean. The **GE Staff** prides it's program on safety first, technique second and then getting our Athlete's stronger in the process. **Our goal is to make our Athlete's perform better on the field.**

Tommy excels in the classroom as well, so he adjusted his training to 2x per week during the end of the school year to focus on his studies and assume a leadership role in the **Ramapo Football Strength Program**. The **Good Energy Staff** does not deviate from a high school's strength program and **Coach Drew Gibbs** has run a structured and successful program for years. **Tommy** continued supplementing **GE** with the **Ramapo Strength Program** until **Ramapo's Summer Program** commenced.

The **Good Energy Staff** is proud that **Tommy** set the *Ramapo Deadlift Record* with a lift of 575, which is no small feat considering there have been countless big, strong and athletic football players at **Ramapo** over the years.

Tommy's stellar senior year concluded with a *State Championship*, a *1st Team All-NBIL* honor and now plenty of interest from college recruiters – Ivy, NESCAC & Patriot League schools. The **GE Staff** looks forward to preparing **Tommy** for the next level as well as assisting **Coach Gibbs** as a resource during the recruiting process.

Congratulations on your "Dream Season" **Tommy!** Your **Hard Work** & *belief in yourself and your teammates* made it ALL a reality!

GO GOOD ENERGY!



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