



good energy

# Athlete of the Month



## ZAK PALMER #24 MAHWAH HIGH SCHOOL

Congratulations to **Zak Palmer**, "Hard Work, Pays Off!" **April's Athlete of the Month** led **Mahwah** into the **Bergen County Tournament** and the **State Group II Playoffs** with his strong hitting in April. **Zak** was at the top of ALL the County hitting categories in April with his powerful bat including average (.484), hits (31), doubles(8), homeruns(6) and runs batted in (31).

They say, "a picture can tell 1,000 words." Take a look at the progression of photographs to see how **Zak** has matured in the **GE Program!** The **GE Staff** is so proud of **Zak's** accomplishments so far this season. **Zak** continues to train at **Good Energy** "in season" this year and his maturation physically and mentally has come a long way in five years. **Zak** has trained at **Good Energy** since 8th grade. Five years later he is experiencing a dream senior season. **Zak** has worked for everything he has accomplished so his success comes as no surprise to the **GE TEAM**.

Each September, **Zak** starts school and returns to the **GE Strength & Conditioning Program**. During the summer months, he extensively works on his baseball skills playing on more than one Summer League team and traveling the east coast.

**Zak** has developed himself into a **Player of the Year** candidate through his baseball specific training at **P.B.I. (Upper Saddle River)**, his off-season baseball games and ALL his Hard Work at **Good Energy!**

**Zak is a model member and believer in the GE Team and our younger baseball player's want to be like Zak.**

**Good Energy** owner, **Pete Ohnegian**, was excited to recommend **Zak** to the **Quinnipiac University** baseball coach where he will be an invited walk-on next fall. At **Good Energy**, our **Athlete's** do not just train, they become part of our special team. We utilize our vast network with College Athletic Departments and our reputation as an established **Professional Strength & Conditioning Center** (2003) in placing our Athlete's at the next level.

**Good Energy Training is known for:** cutting edge training, technique first, and injury prevention.

We also take pride in developing **GE Athlete's** to not only play in college, but contacting college coaches on their behalf. We work in combination with high school coaches and give our Athlete's the best opportunity to succeed four more years. The **GE Staff** personally knows each of our Athletes and guides them during the College Recruitment process.

We thank **Zak** for utilizing **GE TRAINING** as a resource in his record breaking season for **Mahwah**. **Zak** wants to **Be The Best** and understands that staying focused and working hard creates an edge over his competition. His **All-Star** performance this season for the **T-Birds** is a testament that **Good Energy Training** works!

**Zak - You Trained Hard with Good Energy & are playing Great!** The **GE Staff** is proud of your performance - you have earned it!



*Pete Ohnegian's*



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