



good energy

Athlete of the Month



Krissi Gorsuch #31 **Academy of Holy Angels – Forward**

CONGRATULATIONS, KRISSI! “Hard Work, Pays Off!” *February’s Athlete of the Month* saved her best game of the season for a State playoff game in which she scored 10 points in the 59-29 rout of Oak Knoll H.S. on February 28, 2006. Just a sophomore, **Krissi** gave the **Angels** a boost off the bench as their “6th-Player”, often guarding against the opponent’s best player while scoring 3 plus points per game. **Krissi’s** toughness and value to the **Angels** was rewarded by receiving NNJIL 2nd Team honors.

In the Fall 2005, **Krissi** trained at **GOOD ENERGY**, Allendale’s Professional Training Center 3 sessions per week. **Krissi** excelled in their PRE-SEASON Strength Training & Basketball Specific Conditioning where she developed her upper and lower body strength, increased her flexibility and managed a strict diet program to prepare for the rigors of the Varsity basketball season.

The team at **GOOD ENERGY** is excited for **Krissi’s** future on the hard-court as well as the softball diamond where she excelled last year receiving 2nd Team All-League honors as a Freshman pitcher. We look forward to watching **Krissi’s** overpowering pitching performances and big swings at the plate for **Holy Angels** this Spring.

KRISSI your future is bright and **GOOD ENERGY** wishes you the best of luck!

GO GOOD ENERGY!



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