



good energy

# Athlete of the Month



## TIMMY CULLOTY #21 MAHWAH HIGH SCHOOL

Congratulations to **Timmy Culloty**, "Hard Work, Pays Off!" **May's Athlete of the Month** was a defensive stalwart for **Mahwah's Bergen County Championship Lacrosse** run with his exceptional play during the semifinal & final games against Ridgewood & Bergen Catholic respectively. **Timmy** helped lead **Mahwah** to their *County Championship* & the *State Sectional Quarterfinals*.

**Timmy** and his fellow **T-BIRD** Seniors are "**Pioneers**" for **Mahwah lacrosse**. Their storybook began in 6<sup>th</sup> grade when the sport was introduced to the **Township of Mahwah**. Along came the lights at the high school football field and soon followed a competitive lacrosse program for the Township and the high school. **Timmy** and his teammates are not surprised at their success this year and not only dreamed of this success, but have set the bar high for a very young program with lots of excellence to follow.

**Timmy** received the highest honor at our Shop because of his dedication to our program during his senior season. **Good Energy** "original" and former **Mahwah H.S.** football standout/College of William & Mary Hall of Famer – **Warren Roark** referred **Timmy** & his parents to our *Performance Center*. **Roark** explained to the **Culloty's** that **Good Energy** was the "best place for **Timmy**" to train for a great his senior season. **Roark** assured the **Culloty's** that **Timmy** would be more physically & mentally strong during the season by training with **GE**. **Timmy** was already committed to play lacrosse in college at Steven's Institute of Technology and wanted to add some lean muscle.

**Timmy** did not stop training upon the conclusion of **Mahwah's** Cinderella Season and graduation. In fact, he has taken advantage of **Good Energy's Summer Strength & Conditioning Program**. **Timmy** is now training every day – Monday thru Friday including **GE's Speed & Conditioning Sessions** on Tuesday and Thursday night's at the *Elite Training Academy in Franklin Lakes, NJ*. **Timmy** is pictured sprinting with the water jugs in our **5th Annual GE Beach Workout** and has quickly stepped into a leadership role on the **GE TEAM**. After all, **Good Energy** is not a gym, studio or health club. **GE** is a **TEAM** of Adult's and Athlete's who want more out of life by training with us. **Good Energy** client's train hard and believe in achieving great things through hard work, dedication and a positive mindset.

Lacrosse is a very physically demanding sport & requires a lot of skill work. But thanks to Athlete's like **Timmy Culloty**, **Good Energy** will continue to play a large role in making boy's and girl's lacrosse players more physically dominant on the field. **Good Energy Training** prepares Athlete's for the highest level and **Timmy Culloty** is a believer in the **GE Program**. Since he started training at **Good Energy**, **Timmy** has gained 15 plus pounds of lean muscle.

**Timmy** – Thank you for your dedication & Hard Work at **Good Energy** during the Month of May!

The **GE Staff** is proud of your success and is committed to creating an edge for you in preparation to excel in college lacrosse.

**Good Energy Training:** cutting edge training, technique first, injury prevention and a **TEAM of Believer's**.

*Pete Chiarelli's*

**GE REVOLUTION 2010**



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