



Athlete of the Month



KIMMY HAHN #16

Western Connecticut State University

Congratulations to Kimmy Hahn, "Hard Work, Pays Off!" *October's Athlete of the Month* received this honor for leading the **WESTCONN Colonials** to the *Division III Field Hockey Playoffs* & doubling last years win total with *EIGHT!*

Kimmy came to **Good Energy** the Summer of 2008 following her senior year at **Ramsey High School**. After a successful high school career at perennial Bergen County field hockey power - **Ramsey**, **Kimmy** was recruited to play at **Western Connecticut State University**. She chose **Good Energy Training** to become more physically and mentally prepared to play at the collegiate level. **Kimmy's Dad**, **Harry Hahn**, coached **Good Energy** owner, **Pete Ohnegian** in Ramsey Junior Football (RJFA) and was confident **Pete** and his staff could take **Kimmy's** fitness to the Next Level.

For the past three years, **Kimmy** has trained hard ALL Summer with **Good Energy** in the Strength & SPEED Program! This year the **Good Energy** Staff emphasized *Endurance Training* in **Kimmy's** Personal Program. "Distance running" is not **Kimmy's** strong suit and in fact is NOT the energy system used in field hockey - a game of acceleration and short energy bursts. **Good Energy Training** prepares Athletes for every aspect of competition. **Kimmy's** *Endurance Training* gave her confidence for every facet of pre-season fitness testing at **WESTCONN** in addition to her improved *Strength & Agility* for field hockey.

Kimmy maxed her Summer **Good Energy Training** by training every day: Monday through Friday

- MONDAY:** LOWER BODY - CORE/ABS
- TUESDAY:** UPPER BODY - with SPEED & AGILITY at night
- WEDNESDAY:** FLEXIBILITY - CORE - STRETCH & MASSAGE (& CARDIO)
- THURSDAY:** POWER - with SPEED & AGILITY at night
- FRIDAY:** BOOTCAMP - OR ARMS (& CARDIO)

Kimmy's effort at **Good Energy** paralleled her success on defense for **WESTCONN** this Fall. **WESTCONN** surprised everyone in the *Division III Little East Conference* by winning 8 games after being predicted to finish 10th in the League. **Kimmy** was ecstatic to play in the playoffs this year. Her Successful 2010 Fall will undoubtedly *Fuel her Training* for this off-season - as will the expectation of being named **CAPTAIN** and the **LEADER** for the **WESTCONN COLONIALS** in her senior year!

Good Energy Training trains Athletes to excel in their Sport - and **MAKES** Leaders for LIFE!

Thank you **Kimmy!** You are a **Good Energy CAPTAIN** & we are proud of your accomplishments & what lies ahead for YOU!



Pete Ohnegian's



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