



good energy

Athlete of the Month



ZACH BORGLUM #13 RAMSEY H.S.

Congratulations to Zach Borglum "Hard Work, Pays Off!" *November's Athlete of the Month* received this honor because of his unexpected and impressive productivity for the **2010 Ramsey Varsity Soccer Team** and his dedication to the **Good Energy Training program**.

Zach's scoring helped lead the **Rams** into the *State Playoffs* in November.

Zach's "Moments of Brilliance" for the **Rams**:

October 5, 2010

Scored the only two goals in a 2-0 victory against Westwood

October 15, 2010

Scored the lone goal against Dwight-Englewood in a 1-0 win

October 19, 2010

Tallied 2 goals and 1 assist in a 4-2 League win versus Indian Hills

Overall **Zach** scored 5 goals and notched 2 assists for the **Rams**.

Zach accumulated impressive stats for a junior not listed to start on the perennial power **Ramsey Soccer Team**. Less subtle was **Zach's** determination to get stronger at **Good Energy Training**. When he entered our *Performance Center* in September, **Zach** told our *Training Staff* he was going to workout at least 2x per week during soccer. The norm is for our "In Season" Athlete's to train 1x per week at our facility to maintain strength gains & remain flexible during the entire season.

Zach & his mom, Susan had other plans. Despite a full soccer routine and a demanding course load of honors classes, **Zach** added two days of **Good Energy**. **Zach** has not looked back! He played with **CONFIDENCE** and **his stats & honor roll** prove it. He never missed a workout & improved his **STRENGTH & FLEXIBILITY**.

Zach has started throwing with a pitching coach and already notices his improved velocity. Although he requested Upper Body workouts to increase his arm strength, it will be the Complete **Good Energy Program** that will take **Zach's** pitching to the next level for the **Rams Baseball Team** this Spring.

Zach's Good Energy routine is much MORE THAN PUSHING WEIGHTS. In fact, strength training is only one variable in **Zach's Pre-Season Baseball Training**. Functional Strength - Shoulder Stability & Joint Integrity

Creating More Torque & Balance in Lower Body - Add more power to Fastball

Improve Athleticism - Winter Speed & Conditioning Program - Superdome Sports, Waldwick NJ

Gain Lean Muscle while Enhancing Dynamic Flexibility & Improving Explosive Power on the Mound

Zach's dedication and commitment to **Good Energy** will help him excel in baseball this Spring. **Zach** gets "IT!" To become a better Athlete, you have to **WORK HARD** in a *Strength & Fitness program* that improves your strengths & weaknesses. Ultimately, the **Good Energy Training** program will not only provide **Zach** with the physical strength to improve his baseball skills, but our training instills *mental toughness, confidence* and a professional routine.

Good Energy is not just a place to workout - we are a **TEAM**. **Our Team** is made up of *Leaders* in All Walks of Life from many different towns and schools.

TOGETHER we approach our physical & mental goals with the **SAME Intense Desire to Succeed** in not just our Training, but the **Game of Life!**

Zach - You are **NOW** a **GOOD ENERGY Leader** & we look forward to sharing in all your **Athletic & Academic Accomplishments**.

Pete Chuegan's



PROFESSIONAL TRAINING CENTER
260 W. Crescent Avenue #2, Allendale, NJ 07401
201-760-9900
www.goodenergytraining.com
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