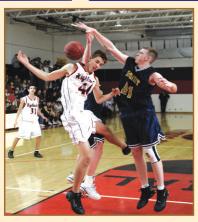


## Athlete of the Month



## SCOTT PETERSON #51 RAMSEY HIGH SCHOOL – CENTER

**CONGRATULATIONS, SCOTT!** "Hard Work, Pays Off!" January's Athlete of the Month leads Ramsey H.S. in scoring with 17 points and 8 rebounds and defends his basket tenaciously averaging at least 2 blocks per game. Scott is a standout player for a sub-par Ram's team that has managed three wins in 2005-06. Scott, now a junior, has started for the Rams since his freshman year and works diligently in the off-season to improve his game.

This FALL, **Scott** decided to take his physical training to the next level and worked out in *Allendale's Professional Training Center*, **GOOD ENERGY** for 3 sessions per week. Scott excelled in their **PRE-SEASON Strength Training & Basketball Specific Conditioning** and credits his present condition to his off-the-court preparation. **GOOD ENERGY** owner, Pete Ohnegian praised **Scott's** dedication to basketball by saying;

"Scott stopped playing football to focus on his Strength, Speed & Agility for basketball and baseball, and it shows! From his first workout in September until his most recent "In-Season" session, Scott comes mentally prepared, focused on giving 100% effort and determined to get better each workout.

Scott's success on the court is not a surprise but rather a testament to him for putting in the extra work necessary to excel at the Varsity level. I expect big things for Scott next year in basketball and this Spring on the baseball diamond as a Pitcher and 1st Baseman for the Rams."

SCOTT, your future is bright and GOOD ENERGY wishes you the best of luck!.





## PROFESSIONAL TRAINING CENTER

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