



good energy

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!

GO GOOD ENERGY!



PROFESSIONAL TRAINING CENTER

260 W. Crescent Avenue #2
Allendale, NJ 07401

201-760-9900