



good energy

Athlete of the Month



JEN PASH IHA BLUE EAGLES

Congratulations to Jen Pash, "Hard Work, Pays Off!"

May's Athlete of the Month sprinted downhill for the **IHA track team** to earn this award!

Jen Pash is quiet, reserved and very unassuming when she trains with us at **Good Energy**. But **Jen** is also a locomotive on the track and was recently honored **1st Team All-County** for her role on **IHA's 4x400 Relay** team. **Jen** scored plenty of points for the **Blue Eagles** in the 100, 200 and 400 this season and saved her best performances for the largest stages in May - the **NNJIL League Championship**, the **Bergen County Championship**, the **Meet of Champions** and finally in the **State Meet of Champions**. We are proud that **Jen** does her **Strength & Conditioning** at our performance center and we are ecstatic that she thrived for **IHA's Varsity Track Team** this spring.

The following are the races & results for **Jen Pash - May's Athlete of the Month**:

NNJIL LEAGUE CHAMPIONSHIPS - May 9th

| | | | |
|-------|---|---------|-----------------|
| 100 | - | 13.00 | 4 th |
| 200 | - | 26.38 | 3 rd |
| 400 | - | 1:00.62 | 4 th |
| 4x400 | - | 4:12.47 | 1 st |

BERGEN COUNTY CHAMPIONSHIPS - May 16th

| | | | |
|-------|---|--------|-----------------|
| 100 | - | 13.01 | 6 th |
| 400 | - | 59.6 | 6 th |
| 4x400 | - | 4:01.1 | 1 st |

COUNTY MEET OF CHAMPIONS - May 26th

| | | | |
|-------|---|---------|-----------------|
| 100 | - | 13.07 | 5 th |
| 200 | - | 26.38 | 3 rd |
| 400 | - | 1:00.62 | 4 th |
| 4x400 | - | 4:12.47 | 1 st |

STATE MEET OF CHAMPIONS - May 30th

| | | | |
|-------|---|---------|-----------------|
| 200 | - | 26.54 | 3 rd |
| 400 | - | 1:00.42 | 4 th |
| 4x400 | - | 3:59.34 | 2 nd |

Jen left her roots in **Allendale** to perform at the highest level with **IHA**. Following a solid freshman soccer season, **Jen** joined the winter track team. She did not make an immediate impact for the **Blue Eagles** as she learned the nuances of starting blocks and accelerating properly in the track setting. Determined to excel, **Jen** not only learned the tricks of the trade but was named **3rd Team All County** in the 300 this past winter.

Jen has already returned to **Good Energy 2x week** this summer to increase her strength & flexibility and will compete for a position on **IHA's** loaded soccer team this fall. **Jen** continues to utilize the information she learned in our *Sport's Nutrition* program and fuels her body properly which is paramount in strength development.

Training hard is important, but eating clean takes our Athlete's to the next level.

Not to be overshadowed by her athletic prowess, **Jen** transfers her hard work in the classroom where she scores high marks in her school work too.

Jen Pash has a bright future at **IHA** and beyond. We are glad that she trains with **Good Energy** to help her perform better!

GO GOOD ENERGY!



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