



good/energy

Athlete of the Month



ERIC KAMBACK #8 **MAHWAH H.S. - FB/LB**

Congratulations Eric! “Hard Work, Pays Off!” In the month of September, ERIC led Mahwah H.S. on both offense and defense rushing for 318 yards and 3 touchdowns, while compiling 38 tackles at his line-backer position. ERIC trains at *good energy* on Tuesday after practice during the season. Prior to this fall, ERIC performed Core-Strength training 2 to 3 days per week at *good energy* in the spring & summer and excelled in our 10 WEEK Summer-Conditioning program.

Eric, keep up the good work on the field and in the classroom!

GO GOOD ENERGY!

PROFESSIONAL TRAINING CENTER

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