



# Athlete *of the* Week

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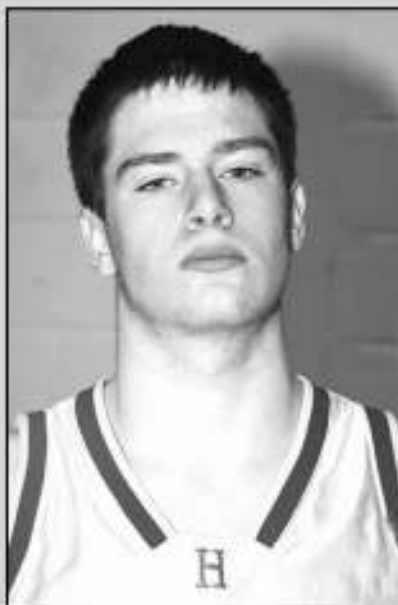


Harmony boys basketball player Cody Rydbom has been named The Progress' Male Athlete of the Week for the week ending March 10.

Rydbom scored 17 points in the Owls' PIAA playoff game against Western Beaver, while also recording seven rebounds.

Rydbom has averaged double digits in five-straight games and is averaging 10.0 points per game this season as a junior.

"Cody had a real nice week last week," said Harmony head coach Terry Kruse. "I'm happy how he has matured as the year has gone along. I've seen a steady improvement in Cody from beginning to end, and I'm looking forward to see what he's going to do next year. He



really loves the game of basketball and takes it serious."

## Cody Rydbom

**Name:** Cody Rydbom.  
**School, grade:** Harmony, 11th.

**Parents:** Terry and Diane.  
**Siblings:** sisters, Alexis, 20; Taylor, 12.

**Pets:** Two dogs, Abby and Tiffany.

**How long have you been playing basketball?:** "Since seventh grade."

**Greatest accomplishment:** "Winning 25 games in one season."

**Favorite teams:** Duke and Cleveland Cavaliers.

**Favorite athlete:** J.J. Redick.

**Favorite food:** Hot wings.  
**Favorite movie:** V for Vendetta.

**Favorite TV show:** The OC.

**Favorite musician:** Fall Out Boy.

**Hobbies:** Hanging out with friends, watching college basketball.

*This Athlete of the Week will be rewarded for his efforts with a sweatshirt from The Progress. The sweatshirts were designed by Jim's Sports Center in Clearfield exclusively for The Progress and the weekly honorees.*