



*Penn Athletics*

## Signing Day

Principal Sean Galiher  
Athletic Director Jeff Hart  
Assistant Athletic Directors Bridget Williams and Marie Doan

### COLLEGE SIGNING DAY WINTER 2018-2019

BRENDON DENAWAY	Hope College	Baseball
BEAU LUDWICK	Holy Cross College	Basketball
JEFFREY HARPER	Holy Cross College	Boys Soccer
CAMRON ARENDT	Univ. of Indianapolis	Football
ASHTON BRADLEY	Olivet Nazarene Univ.	Football
ALEX FISH	Olivet Nazarene Univ.	Football
JARED RIFFEL	Taylor University	Football
JOSH SCHRADER	Manchester College	Football
RYAN WHITEMAN	Indiana Wesleyan Univ.	Football
ELLIE JANKOWSKI	Hope College	Girls Cross Country/TF
EMILY CARTER	Indiana Wesleyan Univ.	Girls Soccer
CARSTYN BARNA	Bethel College	Lacrosse
MADISYN FOX	Concordia College	Lacrosse
ALYSSA LUNDY	Concordia College	Lacrosse
AMARI TORAIN	Tiffin College	Volleyball



# Baseball

## Head Coach Greg Dikos



**BRENDON DENAWAY, Hope College**

Senior catcher Brendon Denaway has committed to Hope College to continue his baseball and academic careers.



“I chose Hope because I love the school and it felt like the right fit for me,” Denaway said. “I basically grew up in the Holland (Mich.) area. Also, I loved the campus and they have a great program.”

Denaway, who was on the roster as a Sophomore when Penn played in the 2017 State Championship Game, said that Penn has had a great impact on his Baseball career.

“Penn Baseball has gotten me ready for college ball because of how hard the coaches are on us and want us to be our best,” Denaway said. “It’s made me disciplined. The coaches also made sure they I get my work done in the classroom.”

Penn Baseball Head Coach Greg Dikos said that he expects Denaway to be an impact player for the Kingsmen this spring.

“Brendon has come a far way since Freshman year,” Dikos said. “He has gained on the field and off. I’m very excited to see what he does this year!”

Denaway hopes to close his Penn career with a State Championship.

“This year I’m looking forward to making our last run and getting those blue rings,” Denaway said. “We have a great group of guys and I believe we can get it done. We have all played together for four years and we have chemistry and the same goal to win state. I know we are all going to work hard to make sure we do that.”



# Boys Basketball

## Head Coach Al Rhodes



**BEAU LUDWICK, Holy Cross College**

Penn basketball star Beau Ludwick committed to further his academic and basketball careers at Holy Cross College. Ludwick averages 13 points, seven rebounds, five assists and two steals a game this season to help the Kingsmen currently own sole possession of first place in the Northern Indiana Conference.



“I chose Holy Cross because I liked the team and also because of the Notre Dame aspect of things – having the small college feel, but also having that big school right across the street. It felt like home and it felt right.”

Ludwick stepped up his game dramatically last season thanks to his hard-working mindset and trying to improve his game each and every day.

“Penn basketball has helped me learn how to become a hardworking person and to never settle for anything, not just in basketball, but in life as well,” Ludwick said. “It has also taught me a lot of life lessons that I can take into the real world.”

Penn basketball Coach Al Rhodes also thinks very highly of Ludwick.

“Beau is a tremendously well-rounded player he has always been an excellent defensive player, and this year he has been a great offensive and defensive player as well,” Rhodes said. “I think he’s an excellent fit and will have a great career at Holy Cross.”



# Boys Soccer

## Head Coach Kyle Zaber



**JEFFREY HARPER, Holy Cross College**

Holy Cross College is the next stop for Jeffrey Harper, who helped lead Penn Boys Soccer to a Sectional Championship and near-upset of eventual State Champion Chesterton in the Regional.



Harper, who also won Sectional and Regional Championships as a Penn Wrestler, is known for his speed and high work ethic and doing whatever it takes to win.

“I am very excited for the future and I just want to thank God for the opportunity to share my gifts with Holy Cross,” Harper said.

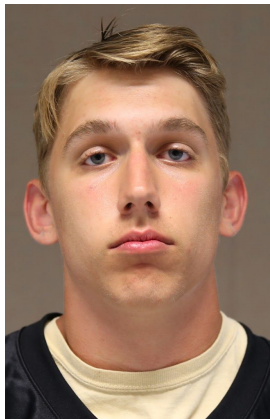
Harper finished his senior year with 14 goals.

“There’s no player quite like Jeff,” Penn Senior Ethan Koselak said. “He was able to help out immensely and contribute a lot to the program in his final season. Jeff is definitely a high-energy player. He’s a tough, physical player.”



# Football

## Head Coach Cory Yeoman



**CAMRON ARENDT, Univ. of Indianapolis**

Camron Arendt will suit up for the University of Indianapolis for Football next season.



“The University of Indianapolis has all the academics that I was looking for, and I really like their facilities and coaches,” Arendt said. “I like the school in general.”

Arendt said that his Penn football experience has prepared him for the college game.

**“Learning all of the fundamentals and learning more about the game, learning how the game is played during my time at Penn has prepared me to take the next step to further enhance my game,” Arendt said.**

**Penn Football will always be meaningful for Arendt.**

**“I appreciated the camaraderie among the guys and the coaches,” Arendt said. “Penn Football is something special, to practices, the pre-game, the game and the post-game.”**

**Penn Football Head Coach Cory Yeoman said that Arendt made important contributions to the Kingsmen Program.**

**“Cam has improved a lot in his time here at Penn,” Yeoman said. “He is one of those guys that is respected by everyone because of how hard he works and his effort on every rep.”**



**ASHTON BRADLEY, Olivet Nazarene Univ.**

**Ashton Bradley, a 6-foot-5, 300-pound offensive lineman, will suit up for Olivet Nazarene next season. Bradley intends to enter Olivet’s psychology program to further his studies. After helping Penn post an 8-3 record this season, Bradley was named first team Indiana Football Coaches Association Class 6-A All-State, and was named second team All-Northern Indiana Conference.**



**“I chose Olivet due to the program being more like a family instead of a business,” Bradley said. “The players seemed happy to be there, and it was the only program that the coaches seemed excited and happy to work with the student-athletes.”**

**Bradley helped Penn gain nearly 3,000 yards total offense and score 32 touchdowns in 2018.**

**“Ashton is a big, strong, athletic player who has improved a lot in the short amount of time that he has played offensive line,” Penn offensive line coach Brent Laidig said. “He’s a great, hard-working young man, and that should allow him to be successful at Olivet.”**



**ALEX FISH, Olivet Nazarene University**



**Alex Fish, a 6-foot-3, 265-pound center and long snapper, has committed to Olivet College to continue his athletic and academic career.**

**Fish helped Penn average 3.5 yards a carry rushing and 12.2 yards a catch in 2018. Penn averaged 23.5 points a game last season.**

**“I chose Olivet because it felt like home and I loved the community,” Fish said. “I love the brotherhood that the players show to each other and that the coaches are always there for you.**

**“Penn football has helped me prepare for the next level by having every team play us like it’s their state championship, and that there is an expectation of greatness here,” Fish said.**

**Penn offensive line coach Brent Laidig said that he expects Fish to be very successful at the collegiate level.**

**“Fish is an intelligent and athletic player who knows the game well,” Laidig said. “He also is a great long snapper and will be successful at the next level.”**



**JARED RIFFEL, Taylor University**



**After concluding his fourth season in the Penn Football Program, Jared Riffel will start a new chapter in his athletic career with his commitment to attend Taylor University.**

**Riffel, a 5-foot-10, 218-pound defensive lineman, made 14 solo tackles and had eight assists. He was in on four quarterback pressures and made one QB sack.**

**“I really liked the atmosphere of the campus,” Riffel said of why he chose Taylor. “The coaching staff made me feel like I was at home, and they have the major I am interested in pursuing.”**



Riffel said that the Penn coaching staff has done an outstanding job of preparing him for collegiate football.

“I wouldn’t be the player I am today without the input of the Penn coaches,” Riffel said. “They spent a lot of time developing me and always insisted I stayed positive no matter what.”



**JOSH SCHRADER, Manchester College**

Penn Football offensive lineman Josh Schrader has committed to further his academic and football career at Manchester University.



“I chose Manchester because they have an amazing program for my major and as far as football, they want to be the best, which reminds me a lot of Penn.

“Penn football has gotten me ready for the next level by showing me the dedication that it takes to be a student athlete,” Schrader continued. “Coach Cory (Yeoman) has done an amazing job at showing that school determines your future and that it needs to be put first.”

Yeoman said that Schrader was a great team player for the Kingsmen.

“Josh’s greatest attribute is that he is always there on time and gives his best,” Yeoman said. “He also goes out of his way to encourage teammates, and that should take him a long way at the next level.”



**RYAN WHITEMAN, Indiana Wesleyan**

Kingsmen running back Ryan Whiteman will take his punishing running style to Indiana Wesleyan.



Whiteman was a two-year starter and a two-time first-team All-Northern Indiana Conference player for Penn. He gained 919 yards his senior season and scored six touchdowns.

Whiteman is looking forward to attending Indiana Wesleyan.

**“I knew very soon after arriving on campus this was special,” Whiteman said. “From the coaches, players, students, and faculty, I felt completely welcomed and knew I was around people who are second to none. I am very confident this program will not only develop me as a player, but as a person, too. The values and expectations of this university are very high, and I have always liked being challenged.”**

**“The football program is just entering its third year and all of the facilities are brand new,” Whiteman continued. “I am very excited to have an opportunity to contribute right away and looking forward to doing everything I can to better the program.”**

**Whiteman said that Penn Football Head Coach Cory Yeoman and his staff have done an excellence job of preparing him to play college football.**

**“I am very thankful for my time as a Kingsmen Football player and being part of such a great program,” Whiteman said. “We went to the State Finals two of my four years, and I will never forget walking onto the Lucas Oil Stadium field with the starting offense.”**

**“I have no regrets looking back over my career here and I feel I did everything I could to live up to the winning tradition. The support I have received from the school and the community over the years has meant so much more to me and I deeply appreciate it. I wish the program nothing but the best.”**

**Yeoman said that Whiteman was a special player.**

**“Ryan brings a unique ability of a running back to be a physical runner and a blocker as well as a great burst,” Yeoman said. “With him being a multiple-year starter here at Penn, I’m excited to see what his future brings, because I believe he still has his best football in front of him.”**





# Girls XC/Track & Field

Coaches: Michael Clements/Melissa Danner



**ELLIE JANKOWSKI, Hope College**

Penn High School Cross Country and Track & Field star Ellie Jankowski will be looking to continue her academic and athletic success at Hope College.



Jankowski has carved out an outstanding legacy at Penn. She was a Sectional champion this year and she was a runner-up in both the Northern Indiana Conference and the Regional Championships this year. In addition to those accomplishments in cross country this year, as a junior last year Jankowski won the Sectional title in the 3,200-meter run during the track season.

"I chose Hope because of the amazing community they have .... (Hope) felt like the right fit for me."

Not only was the culture something that Jankowski felt like she fit in with, she also was drawn to their athletic program because of their success and coaching.

"They (Hope) have a great Cross Country and Track program that has been very successful over the years," Jankowski stated.

Jankowski also gives credit to her academic and athletic experience at Penn in relation to her future as a college athlete. She said,

"Running at Penn has taught me to persevere through the hard times and to always have a positive mindset. Coach Clements has done a great job at challenging and encouraging me to be a better runner.

"I appreciate that I have been able to be a part of such a successful program here at Penn with so many supportive people. I have learned many things and made so many great friends that I am forever thankful for."

For now, Jankowski looks to prepare herself for college and for the upcoming track season as Penn is poised for another great season.

**“Ellie has been an amazing part of the Cross Country and Track programs during her four years at Penn High School,” Penn Girls Cross Country Head Coach Michael Clements said. “I feel incredibly blessed to have had the opportunity to coach her. Ellie is truly a young woman of immense character and intellectual resolve with these traits being equaled by her phenomenal running talents. Hope College is getting, first and most importantly, a great young woman who I know will improve their community as both a student, a person, and an athlete.”**



## **Girls Lacrosse**

### **Head Coach Annie Eutsey**



**CARSTYN BARNA, Bethel College**

**Carstyn Barna helped the Penn Kingsmen Girls Lacrosse Team reach the Final Four in 2018, and after she wraps up another season wearing Gold-and-Black, she will play Lacrosse collegiately at Bethel.**



**“I chose Bethel because I feel like the college fits me academically and athletically,” Barna said. “I also chose Bethel because I have a connection with the coach that I have never had with any coach. He knows how I play Lacrosse better than I do myself. If it wasn’t for Coach Brown, I wouldn’t be where I am now.”**

**“I love the environment of athletes,” Barna said about Bethel, where she plans to pursue her goal of becoming an athletic trainer. “We all come with the same mindset.”**

**Penn has prepared Barna well for Lacrosse in college, but so has her experience on her club teams.**

**“I believe that playing for club teams has really shaped how I play and prepared me to play in college,” Barna said. “The exposure on a club team is nothing compared to high school lacrosse. I also played for the state of Indiana in the Women’s National Lacrosse Tournament. The only way to prepare yourself for college lacrosse is to play competition constantly to make yourself better. You have to want it.”**

**Maggie Miller is one of Barna's teammates and said that Barna contributes to Penn's Lacrosse success in many ways.**

**"She encourages others to do their best," Miller said of Barna. "She helps others when they are injured or tired. She is also very skilled with her stick and has great speed."**

**Lacrosse is a team sport and Barna said that she wouldn't be nearly as successful without the teammates that she has. "**

**My teammates have had a huge impact on not only how I play but my mindset on the field," Barna said. "They are so supportive of everything I do and the choices I make on the field. Everyone always has a practice every once in a while when they just feel like they aren't performing the best. Unfortunately, I have those often. My teammates always lift me up and get me out of my head."**



**MADISYN FOX, Concordia College**

**Madisyn Fox will continue her academic and athletic careers at Concordia College.**

**Fox is a midfielder for the Kingsmen and also has the ability to play defense.**

**Penn Girls Lacrosse Head Coach Adrianna Eutsey was most impressed with the drive Fox has as a player**

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**"Maddy has drive and determination, she is willing to work hard to get where she needs to be," Eutsey said. "She only picked up playing Lacrosse four years ago. Before that she played softball. She has learned a lot in those four years."**



**ALYSSA LUNDY, Concordia College**

**Alyssa Lundy is an attacker for the Kingsmen and is a spark on the offensive end.**

**She will take her talents to Concordia College.**



Penn Girls Lacrosse coach Adrianna Eutsey is very proud of Lundy's development.

"Alyssa has the want to do well and be good," Eutsey said. "... she goes out there and does what's needed."

Lundy appreciates her Penn Girls Lacrosse experience.

"Being part of a team at Penn has taught me leadership and how to work with others very well," Lundy said. "I thank my coaches that I have had my four years for helping me and pushing me to where I am today, and I couldn't thank them enough"

Lundy is looking forward to playing Lacrosse at Concordia.

"I choose to play Lacrosse there mostly because of the welcoming environment and the awesome campus," Lundy said of Concordia. "The coach was very nice and interested in me and it showed a lot."



## Girls Soccer

### Head Coach Jeff Hart



EMILY CARTER, Indiana Wesleyan University

Emily Carter, who played on two State Championship Teams at Penn, will attend Indiana Wesleyan University to play soccer.



Carter is looking forward to IWU for the experience and to play the game she loves.

"I chose IWU because it was a great fit both academically and athletically," Carter said. "The coaches are also amazing, and I know that they will push me to work hard but have fun at the same time."

Carter is looking forward to college and the opportunities that await her at IWU, as well as the challenges.

"Penn has taught me to love the good days and the bad," Carter said. "If it wasn't for Penn Girls Soccer, I would not be playing in college."

**“Penn has prepared me to play in college because it has helped me to love soccer,” Carter said. “It has taught me the value of working hard to accomplish a goal with your teammates.”**

**Penn Girls Soccer Head Coach/Athletic Director Jeff Hart said that Carter has been a leader for the Kingsmen.**

**“Emily has been a valuable part of our program for four years,” Hart said. “She is a high-character student-athlete who we've been fortunate to coach.**

**“Emily brings so many things to the table that Indiana Wesleyan will benefit from,” Hart continued. “She has a great understanding of the game, she is strong and athletic, and she can comfortably play all over the field as she did at Penn. She also has always put the team's success ahead of her own.”**

**Hart said that Carter is an amazingly well-rounded young person. She is a straight-A student, a team captain, a two-time State Champion, and is invovled in numerous extra-curricular and volunteer activities.**

**“Indiana Wesleyan is getting a leader, both on and off the field,” Hart said of Carter.**



## **Volleyball**

**Head Coach Lisa Pawlik**



**AMARI TORAIN, Tiffin University**

**Amari Torain, who helped lead Penn Volleyball to the Final Four, will continue her academic and athletic careers at Tiffin University.**

**The Kingsmen Senior had 135 kills, 39 blocks and 39 digs this season.**



**Torain, who is a member of Penn's Student-Athlete Leadership Council, earned a full academic/athletic scholarship at Tiffin.**

Torain appreciates the small class sizes at Tiffin, as well as the extremely personable coaches and great facilities. She will major in exercise science, because it is a malleable major that will allow her to continue her education while still deciding on life after college. She is interested in physical therapy.

Penn Volleyball Head Coach Lisa Pawlik praised Torain's leadership qualities and work ethic.

Penn's Volleyball Team suffered two serious injuries in the starting line-up right before the Sectional, and the coaching staff chose Amari to change positions, which is extremely difficult especially four days before the event. Torain excelled at her new position and helped lead the Kingsmen to Sectional and Regional Championships.