



ATHLETIC DEPARTMENT

PRINCIPAL STEVE HOPE

ATHLETIC DIRECTOR AARON LENISKI

ASSISTANT ATHLETIC DIRECTOR BRIDGET WILLIAMS

NCAA Signing Day features 19 student-athletes from Penn High School

Student-Athlete	College	Sport	Penn Coach
Niko Kavadas	Notre Dame	Baseball	Greg Dikos
Nolan Metcalf	Kansas	Baseball	Greg Dikos
Trevor Waite	Dayton	Baseball	Greg Dikos
Matt McCown	Bethel	Boys Basketball	Al Rhodes
Bailey Mott	Bethel	Boys Track	Jon Carroll
Kristin Holt	Holy Cross	Girls Golf	Dominic Demeter
Andi Sandler	The Citadel	Girls Golf	Dominic Demeter
Becca Broadwick	Lee	Girls Lacrosse	Richard Velde
Lexi Marks	Purdue	Girls Soccer	Jeff Hart
Kionna Clayton	Hawaii	Girls Swimming	Jess Preston
Meagan Ronci	IUPUI	Girls Swimming	Jess Preston
Kayla Molnar	Ball State	Girls Swimming	Jess Preston
Emma Jankowski	Dayton	Girls Track/CC	Josh Fletcher/Michael Clements
Maddy Newman	Louisville	Softball	Beth Zachary
Katie Quinlan	Michigan State	Softball	Beth Zachary
Danielle Watson	Louisville	Softball	Beth Zachary
Jenn Heritz	Daemon	Volleyball	Sarah Hendricks
Maddy Wiseman	Bethel	Volleyball	Sarah Hendricks
Jarod Swank	N.C. State	Wrestling	Brad Harper

Penn

BASEBALL

HEAD COACH GREG DIKOS



NIKO KAVADAS, University of Notre Dame

Kavadas is an outfielder and a pitcher for the Kingsmen.

"Notre Dame has been a dream school of mine from the time I was four," Kavadas said. Kavadas had a .433 batting average, while driving in 44 runs in 34 games last season for the Kingsmen.

Kavadas' competitive drive has not only led him to individual success, but also team success for the Penn Kingsmen as he was a big part in helping bring home the 2015 Indiana baseball State Championship as a sophomore. Kavadas credited Penn with helping him earn a scholarship to play at Notre Dame.

"The level of discipline that the Penn Baseball program has taught me will help me throughout college not only on the field, but also with the rigorous course load that comes with being a student at Notre Dame."



NOLAN METCALF, University of Kansas

Metcalf, a 6-foot-4, 225-pound senior, helped Penn win the 2015 state championship as a sophomore.

He earned first team honors in the Northern Indiana Conference the past two seasons at two different positions - first base and catcher.

"Nolan is a great athlete who hits for power and average," Penn baseball coach Greg Dikos said. "He has an excellent arm and provides great defense regardless of the position he plays. He is also very versatile. Nolan has and will continue to multiple positions - catcher, first base, and pitcher. Nolan has the ability to make the very difficult look very easy. He is a natural."

Metcalf is a dangerous threat on both offense and defense this year. According to Indiana PBR, Nolan can throw an 84 mph fastball, a 78-82 mph curveball, and has a Catcher pop-time ranging from 1.95-2.04 seconds.

"I picked Kansas because they are in a great competitive conference (Big 12). Kansas was the first school to recruit me, and the coaching staff there is great. The Penn coaches were a tremendous help by ensuring I was fundamentally prepared for every season, and they taught me how to conduct myself on and off the field.





TREVOR WAITE, University of Dayton

Trevor Waite, who helped Penn win a Baseball state championship in 2015, committed to the University of Dayton.



"I chose Dayton after visiting the campus and meeting with the coaching staff," Waite said. "The campus is great, and they have academic programs that I am interested in. I also felt like I was going to be in an environment where I can develop my skills and also compete to play as a freshman. Everything about Dayton seemed like a fit for me."

Waite is the fastest player on the Penn Baseball team, running a 6.7 60-yard dash. He is highly regarded as a defensive player in the outfield, and hit .380 last season.

Other Varsity total stats for Waite include a .436 OBP; a .460 SLG; and an .896 OPS.

BOYS BASKETBALL
HEAD COACH AL RHODES



MATT McCOWN, Bethel College

Matt McCown, a 6-foot-9 Senior for the Penn Kingsmen basketball team, will be attending Bethel College next year.



"I really like the coaches, and I also know a lot of people going there," McCown said. "Also, being close to home was a big factor for me. Plus, I really like the environment of the Christian school. There are a lot of good people there."

Bethel assistant head coach Ryne Lightfoot said that the program is excited to have McCown be part of the Bethel family.

"Coming from a program like Penn, Matt will come in well coached and ready to compete at a high level," Lightfoot said. "His character, work ethic, and commitment to excellence are exactly what we look for in our athletes. Matt has tremendous upside and his best days are ahead of him."

McCown was a state finalist in high jump last season, and is also expected to compete in track for the Bethel Pilots.

Penn

BOYS TRACK

HEAD COACH JON CARROLL



BAILEY MOTT, Bethel College

Mott will continue his academic and athletic careers at Bethel College. He will compete in track for the Pilots.



Mott is a three-sport athlete at Penn, competing in football, wrestling and track.

A 5-foot-11, 160-pound senior, Mott is a hard-hitting and heady defensive back and special teams player for football.

In the Sectional opener, Mott returned an interception 102 yards for a touchdown. In wrestling, he wrestles for whatever weight class the team needs him to compete at. In track, he runs the 300-meter hurdles, the 4×800 relay, and the 4×400 relay.

Mott was a reserve on Penn's state championship wrestling team, played on Penn's state runner-up football team last season, and has been a state finalist in track.

Penn's athletic director Aaron Leniski thinks Bailey is a very impressive student-athlete.

"It is very challenging even with one sport at Penn," Leniski said. "Bailey is a great kid on the field and a great individual."

Penn

GIRLS GOLF

HEAD COACH DOMINIC DEMETER



KRISTIN HOLT, Holy Cross College

Kristin Holt has been on the golf team only since Junior year. Only after two years of golfing Kristin has officially committed to Holy Cross College. Kristin's mom is the Girls Golf Head Coach at the University of Notre Dame.



"Holy Cross has everything I was looking for, a good communications/sports management major, and it was a great opportunity to play collegiate golf while still being able to work on my

golf game. I also really like the small school atmosphere and they have a lot of clubs/activities to be involved in.”

Holt earned first-team all-Northern Indiana Conference honors, and helped lead the Kingsmen to a state finals appearance.

“Penn has prepared me to play collegiate golf by giving me an opportunity to compete in all of the tournaments which allowed me to improve my game to where I was able to be recruited to play at the next level.”



ANDI SANDLER, The Citadel

Andi Sandler, who won Northern Indiana Conference Most Valuable Player honors twice in her high school career, has committed to compete collegiately at The Citadel, The Military College of South Carolina, which is located in Charleston.



Sandler led Penn to State Finalist appearances three times. She was named first-team all-NIC three times. She was the 2016 IHSAA Sectional medalist.

In 51 events in three varsity seasons, Sandler finished first in 18 events, second in 10 events, third in two events, fourth in two events, and fifth in two events, giving her 34 Top 5 finishes in 51 events.

“I chose The Citadel due to its excellent academic and golf program and its rigorous military program,” Sandler said. “I had always said that I would choose the college that really demonstrated a true honest effort to recruit me. My visit confirmed that the team and coach were excited about me joining them.

“Penn's aggressive tournament schedule assisted me greatly in preparing me for college golf,” Sandler said. “We competed with the best consistently. The confidence I gained is immeasurable. Never having been a member of a team till I joined the golf team taught me invaluable lessons that will last a lifetime. Penn High School Golf provided has allowed me to achieve my goal of playing Division 1 golf and continuing this priceless memorable journey.”

Penn

GIRLS LACROSSE

HEAD COACH RICHARD VELDE



BECCA BROADWICK, Lee University

Becca Broadwick, who was named the the Team Indiana all-star team, has committed to play Lacrosse for Lee University.



Broadwick was named All-Region in 2015, and was named All-State and All-Region in 2016.

She led the Kingsmen with 51 goals and 78 ground balls last season.

Broadwick is looking forward to attending Lee, which is in Cleveland, Tenn.

“I chose my college because it’s the perfect distance away from home, and it fit my major choices.”

Broadwick added that she appreciated her Penn experience.

“Penn prepared me to compete at a collegiate level by teaching me time management with school, athletics, and extracurriculars,” Broadwick said.

Penn

GIRLS SOCCER

HEAD COACH JEFF HART



LEXI MARKS, Purdue University

Lexi Marks helped the Penn Girls Soccer team win the state championship this fall, and earned the prestigious Indiana High School Athletic Association Mental Attitude Award.



Marks has played in more varsity wins (76) than any other Penn Girls Soccer player. She was All-Academic as a junior and senior. She scored 10 goals and had 13 assists in her Penn career as a defender/midfielder.

Marks is excited to play for Purdue.

“I chose Purdue because it was the best fit for me for both academics and athletics,” Marks said. “I have been around the Big Ten my whole life and it has always been a dream of mine to play soccer for someone in the conference.”

Penn Girls Soccer head coach Jeff Hart said that Marks has been a valuable part of the program for four years.

“Lexi is a high character student-athlete who we've been fortunate to coach,” Hart said. “She brings so many things to the table that Purdue will benefit from. She is fast and athletic, has a great understanding of the game, is versatile in that she can comfortably play all over the field as she did at Penn, and she consistently puts the team's success ahead of her own.

“Her selection last week as the IHSAA's 2016 Mental Attitude Award winner for Girls' Soccer is a recognition of the well-rounded young person that Purdue is getting. She's a straight A student, captain of a state champion team, and involved in numerous other extra curricular / volunteer activities. Purdue is getting a leader, both on and off the field.”

Penn **GIRLS SWIMMING**
HEAD COACH JESS PRESTON



KIONNA CLAYTON, University of Hawaii



Kionna Clayton also received offers from Fordham, UCLA, Marshall, and Ohio University, but the location and atmosphere of Hawaii was something that Clayton loved.

Clayton intends to study Pre-Med at the University of Hawaii.

“I am thrilled to announce my commitment to swim for the University of Hawaii!” Clayton said. “I love everything about the school and the team, and I can't wait to be a Rainbow Wahine for the next four years!”

"Kionna seems to have a natural ability as far as a great feel for the water," Penn Girls Swimming head coach Jess Preston said.



MEAGAN RONCI, IUPUI



Meagan Ronci has carved out a reputation for hard work. It's a character trait that is expected to carry her to success at IUPUI.

Ronci said that IUPUI is a perfect fit for her.

"I just knew IUPUI was right for me," Ronci said. "I've gone to meets there before and I fell in love with their pool, and on my visit I fell in love with their campus."

Ronci said that Penn has prepared her very well to be a collegiate athlete, mostly due to the learning of time management.

"We have 5-11 practices a week, so I had to learn how to manage that and still get everything I need to done."

Notable accomplishments for Ronci include going to state her freshman year and winning the Northern Indiana Conference championship in the 500 freestyle. IUPUI plans to use her as a versatile swimmer, but her main focus will be on the 100 and 200 freestyle events.

"Meagan is in the top one percent of the hardest workers we have ever had here," Penn Girls Swimming head coach Jess Preston said.



KAYLA MOLNAR, Ball State University

Kayla Molnar is a three-time sectional champion, three-time NIC champion, and a three-time state finalist.



"I chose Ball State because I really love the coach, it has a great atmosphere, and has a great culture," Molnar said.

Molnar said that the Penn program helped prepare her to compete collegiately.

"Coach Preston has experience as a collegiate swimmer, so his practices are really tough and tiring, especially with two practices a day," Molnar said.

Molnar has been a committed swimmer.

"Kayla has dedicated most of her life to the sport of swimming," Penn Girls Swimming head coach Jess Preston said.

Penn

GIRLS TRACK AND CROSS COUNTRY

HEAD COACHES

**MICHAEL CLEMENTS
JOSH FLETCHER**



EMMA JANKOWSKI, University of Dayton

State champion Emma Jankowski will be taking her talents in Track and Cross Country to the University of Dayton. She plans on running both Track and Cross Country at Dayton.



Jankowski was a member of Penn's 4x800 relay state championship team in Girls Track last season.

In Track, Jankowski plans on running the 1500 meters and the 800 meters. She is also interested in mixing it up and taking on the steeplechase.

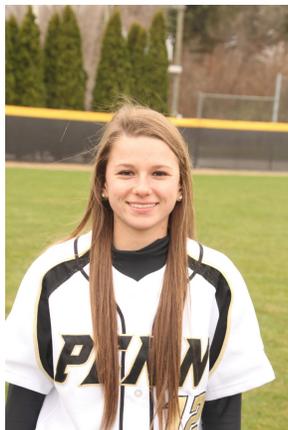
Jankowski has run four years of Cross Country and Track at Penn. In her Cross Country career, Jankowski helped Penn win Sectional, Regional and Semi-State championships.

"Emma is a very talented and hard-working student-athlete who brings out the best in people around her," Penn Girls Track coach Josh Fletcher said. "She is another quality Penn High school product!"

Penn

SOFTBALL

HEAD COACH BETH ZACHARY



MADDY NEWMAN, University of Louisville

Penn senior Maddy Newman will be attending the University of Louisville to play softball next year.

"I chose to attend the university of Louisville, because both the athletic and academic environment seemed to fit me so well," Newman said. "I felt like I could succeed and become the person I want to be when on campus. The personality of the team as well as the coaching staff made me feel comfortable"



The competition for softball in the ACC is very good, and Newman is excited to take on many challenges that the conference has to offer.

"What will really be exciting about being in the ACC is that girls from my travel team who attend North Carolina, and former Penn softball player Halle Hixenbaugh who attends Boston College, are also in the conference," Newman said. "It'll be crazy seeing them and playing against them rather than with them."

Newman hit .394 for the Kingsmen last season. She scored 23 runs and drove in 25 runs. Newman belted six doubles and four triples last season. She boasted a .976 fielding percentage at second base (41 putouts in 42 chances).

"Maddy is a D-1 athlete because she is a fierce competitor who gives her entire heart and effort to anything she does," Penn softball coach Beth Zachary said. "Maddy has an excellent work-ethic. She is disciplined, and she leads by example. Because of these attributes, and more, she will undoubtedly excel as a collegiate athlete."



KATIE QUINLAN, Michigan State University

Michigan State University commit Katie Quinlan has been a star player for the Kingsmen softball team ever since she joined the team her freshman year. As a leadoff hitter, Quinlan is faster than lightning and is a lethal threat to the opponent.



In the 2015 season Quinlan hit .541 with 12 RBI's this season. She hit five doubles and three triples. Quinlan led the Kingsmen with 21 stolen bases. She also led the team with 36 runs scored.

Quinlan chose MSU because of the welcoming coaches and players. Another aspect that she enjoyed about Michigan State was its all-around success in sports as well as academics.

"Katie Quinlan is a force to be reckoned with, both offensively and defensively," Penn softball coach Beth Zachary said. "She has patrolled center field for us since her freshman year and can hit for power or lay down a bunt with equal success. Katie is a quiet leader who sets a very positive example through her work-ethic, discipline, and kind heart. Michigan State is getting a great softball player and an even better person!"



DANIELLE WATSON, University of Louisville

Watson was a dominant force for the Kingsmen last season, leading Penn to the state championship game.



"I chose the University of Louisville because of the beautiful campus and the incredible facilities, and the opportunities the university provides," Watson said. "I look forward to the powerful competition of the ACC and can't wait to be challenged on a daily basis. Louisville provided the best opportunity to reach my maximum potential as a student, as an athlete, and as a person."

The Louisville commit pitched a no-hitter against LaPorte in the sectional, and pitched a no-hitter against Elkhart Memorial in the regional. She pitched five no-hitters last season, and combined on another gem. Watson has 11 career solo no-hitters.

Watson had a streak of 33 consecutive scoreless innings in the state-tournament last season entering the state championship game.

Watson finished last season 21-3 with a 0.35 ERA. She struck out 234 and walked 56. As a hitter, hit .442 batting average with a team-high four homers. She drove in 21 runs last season.

“Danielle Watson and her passion for the game of softball is one of the many reasons for Penn Softball's success,” Penn softball coach Beth Zachary said. “Danielle leads our team from the pitcher's mound with power, speed, and heart. Danielle also is a powerful hitter who makes things happen in clutch, pressure situations. She is a tough competitor who refuses to give anything but her best at all times. Danielle is a natural leader who has left a great mark on the Penn program and will surely do the same thing for Louisville.”



JENN HERITZ, Daemon College

Jenn Heritz has committed to play Volleyball at Daemon College in Amherst, N.Y. She led Penn to a 31-3 record last season, including a 12-0 record in the Northern Indiana Conference championship.



Heritz soared at the net for 221 kills last season. She had 75 blocks, including 21 solo blocks.

“Jenn was an outstanding leader and captain,” Penn Volleyball head coach Sarah Hendricks said. “In the four years that I had Jenn, I never had to tell her to work hard, because it is just something ingrained in her.

This is why Jenn will be successful at the next level. She has an outstanding work ethic and leadership quality. She always puts her team before herself and does what is best for everyone.

“Since the day she stepped foot in the gym, she gave 100 percent, and because of that, she constantly improved every year,” Hendricks said. “She is extremely coachable, which is one of the best qualities you can have as an athlete. Jenn will always have a special place in my heart because of the relationship that we built while she was here at Penn.”



MADDY WISEMAN, Bethel College

Maddy Wiseman will continue her academic and athletic careers at Bethel College.



Wiseman blasted 179 kills in helping lead the Kingsmen to a 31-3 record and the Northern Indiana Conference championship last season. She also had 62 blocks (seven solo) and had a 100 percent serving percentage.

“Maddy Wiseman was an outstanding player and leader for me this year,” Penn Volleyball head coach Sarah Hendricks said. “She knows what it means to work hard and put in the time that it takes to improve. Even when she wasn't seeing a ton of playing time she always had a positive attitude and great work ethic, and for that reason she will excel.

“I'm going to miss having Maddys presence in the gym because she is always smiling and willing to go the extra mile for her team,” Hendricks said. “I could always count on Maddy no matter what it was.”

Penn **WRESTLING**
HEAD COACH BRAD HARPER



JAROD SWANK, North Carolina State University

Jarod Swank will continue his academic and wrestling careers at Top 10 nationally ranked North Carolina State.



Swank is a two-time state finalist. His career record is 96-24. He is also a two-time sectional and two-time regional champion. A 160-pounder, Swank won a Northern Indiana Conference championship and was a semi-state runner-up.

Swank won National High School Coaches Association All-American honors in 2015.

“When I visited N.C. State, a huge thing that stood out to me was the academic help they have,” Swank said. “Going there, I will be completely set up for success on the mat and in the classroom.”

“N.C. State is a great up-and-coming program, and it was the best place for me to reach my goals,” Swank said.