



*Penn Athletics*

## Signing Day

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

### COLLEGE SIGNING DAY SPRING 2019

<b>JEFFREY PAWLIK</b>	<b>Grace College</b>	<b>Baseball</b>
<b>DREW LUTZ</b>	<b>Univ. of Incarnate Word</b>	<b>Boys Basketball</b>
<b>JACOB DE VARONA</b>	<b>Bethel University</b>	<b>Boys Soccer</b>
<b>ALEX KARAMITSOS</b>	<b>Bethel University</b>	<b>Boys Soccer</b>
<b>ETHAN KOSELAK</b>	<b>Grace College</b>	<b>Boys Soccer</b>
<b>EVAN DIES</b>	<b>Grand Valley State Univ.</b>	<b>Boys Swimming</b>
<b>JAYDA SMITH</b>	<b>Aquinas College</b>	<b>Girls Basketball</b>
<b>PAYTON PARKER</b>	<b>Trine University</b>	<b>Girls Lacrosse</b>
<b>ZOE WHITLOW</b>	<b>Tusculum University</b>	<b>Girls Lacrosse</b>
<b>ABIGAIL BARNES</b>	<b>Bethel University</b>	<b>Girls Swimming</b>
<b>AMANDA FEDER</b>	<b>McKendree University</b>	<b>Girls Wrestling</b>
<b>JEMMIA PENNIX</b>	<b>Point Loma Nazarene</b>	<b>Girls Track and Field</b>



NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS





# Baseball

## Head Coach Greg Dikos



### JEFF PAWLIK, Grace College

Jeff Pawlik will continue his academic and athletic careers at Grace College.

“I chose Grace College because I enjoyed being on the campus, along with the Engineering program there.”

Pawlik, a first baseman, helped Penn win the Northern Indiana Conference Championship this season, hitting .333.



“Penn baseball has allowed me to get ready for college, because it’s always competitive with our team, and it taught me to work hard.” Pawlik said.

Pawlik has started for two seasons and is a Gold Glove-type first baseman.

“Jeff is one of our best first basemen since (current Kansas Jayhawk star) Nolan Metcalf,” Penn Baseball head coach Greg Dikos said. “When we need a big play defensively, he’s our guy.”



# Boys Basketball

## Head Coach Al Rhodes



### DREW LUTZ, Incarnate Word

Penn High School basketball star point guard will play Division I Basketball at the University of Incarnate Word in San Antonio. Lutz will play for former Purdue star Carson Cunningham.



Lutz helped Penn reach the Final Four in Class 4-A this season, averaging 18.7 points and 7.1 assists a game.

**“I really like the culture that Coach Cunningham is creating,” Lutz said. “I feel like I really fit well with the school, and I love the city of San Antonio.**

**“It’s a great opportunity for me,” Lutz continued. “I always wanted to play Division I Basketball since I was a little kid. I’m very thankful for this opportunity.”**

**Penn head coach Al Rhodes, who guided Penn to a 24-4 record and Regional, Sectional and Northern Indiana Conference Championships this past season, is looking forward to Lutz excelling at Incarnate Word.**

**“I am very excited that Drew will be playing at the Division I level, and I think that it will be a great fit for him playing for Coach Carson Cunningham,” Rhodes said.**



## **Boys Soccer**

### **Head Coach Kyle Zaber**



**ALEX KARAMITSOS, Bethel Univ.**

**Alex Karamitsos will further his academic and athletic careers at Bethel University.**

**Karamitsos was a three-year starter for Penn Boys Soccer, helping the Kingsmen win Sectional crowns each of those three seasons.**



**“The coaching staff (at Bethel) is very accommodating and gave me a warm welcome,” Karamitsos said. “Bethel is a team that plays a fast and uptempo game and I thought it would be a good fit for me overall.”**

**Penn Boys Soccer Head Coach Kyle Zaber expects Karamitsos to make an impact for the Pilots.**

**“Alex has the ability to be a significant spark of energy for any team,” Zaber said. “During our playoff run, his devotion and commitment were evident each day in training and in games. It pushed his teammates to elevate their energy and skills, contributing to our successful performances. There is no doubt he can bring this same energy, determination, and effort to the college game and help elevate Bethel University Men's Soccer.”**



## **JACOB DE VARONA, BETHEL**

Jacob de Varona's hard work on the soccer field hasn't gone unnoticed, as he has now committed to continuing his academic and athletic careers at Bethel University.



De Varona was part of a very successful Penn soccer team that won the Sectional Championship and took eventual State Champion Chesterton to double-overtime.

"Being a student at Penn really helped prepare me for the college level in both academics and athletics," de Varona said, "My coaches taught me to push myself and always want to become better. That guidance helped on the field and in the classroom."

He is looking forward to joining the Pilots very much.

"A big factor for me was not just being able to play the sport I love at a more competitive level, but being able to do so while still being close to home. I can't wait to be a part of the team."

Penn Boys Soccer Head Coach Kyle Zaber said that de Varona contributed greatly to Penn's success this season.

"Jacob is one of the most selfless leaders I've been around (in any capacity!)," Zaber said. "His devotion to a "team-first" attitude will serve him and any organization of which he is part, tremendously well. While a talented soccer player, I think his leadership qualities will be the first attribute that distinguish him at the collegiate level."



## **ETHAN KOSELAK, Grace College**

Ethan Koselak will take his speedy soccer skills to Grace College.

Koselak helped Penn win a Sectional Championship this season.



"Grace appealed to me mainly for the faith aspect," Koselak said. "I wanted to go to a smaller Christian college with a great sense of community like Grace offers."

“Additionally there soccer program is run extremely well and the coaching staff is caring not only on the field but in the classroom as well,” Koselak continued. “Grace is close enough to keep me near my family, but still offers me the chance to have even more people I can call a family.”

Penn Boys Soccer Head Coach Kyle Zaber said that Koselak can be a key contributor for Grace.

“Ethan has an "ease of play" due to his technical ability on the ball that allows him to play with such fluidity in the midfield,” Zaber said.

“When he finds himself in the zone, he has the ability to set the tone for the entire game by relieving pressure on his teammates and dictating the opposition's tempo of play.”



## Boys Swimming

### Head Coach Jess Preston



EVAN DIES, Grand Valley State

Evan Dies will be in Grand Valley State's pre-med program and the two-time Northern Indiana Conference MVP, will compete for Grand Valley State's highly regarded Swim Program.



Grand Valley State placed fifth in the nation in the NCAA Division II National Championships this past season.

“I chose Grand Valley State for its great pre-medical programs and their exceptional athletic programs,” Dies said.

Dies carved out an impressive legacy at Penn. The Sectional Champion won the 200 individual medley three times and the 100 breaststroke twice.

“High school has prepared me for college by laying a ground work for me to improve on and helping me get better,” Dies said of his Penn experience.

“High school also has a very similar practice schedule to what I will have in college.”



# Girls Basketball

## Head Coach Kristi Kaniewski-Ulrich



**JAYDA SMITH, Aquinas College**

Jayda Smith, who helped Penn Girls Basketball achieve its first perfect regular season in Program history, will be continuing her academic and basketball careers at Aquinas College.



Smith chose Aquinas College primarily because of its high academic standards, but because of the caring nature of the Basketball staff.

Smith said that she appreciated her Penn Girls Basketball experience.

“The coaching staff at Penn really helped me grow as a player and person, and along the way I learned many life lessons, which will help me be successful for the next chapter of my life,” Smith said.

Smith is a tremendous leader in the classroom as well as on the basketball court. She is a member of Penn’s Student-Athlete Leadership Council, one of 12 student leaders who represent the more than 1,200 student-athletes at Penn High School.

Penn earned a Sectional Championship and a Northern Indiana Conference Championship this season with Smith in the starting line-up.

“Jayda is a floor general with a tremendous work ethic,” Penn coach Kristi Kaniewski-Ulrich said. “She is small, but mighty, and brings a competitor’s mentality every time that she steps on the floor.

“Jayda is an outstanding student-athlete and carries a 3.84 Grade-Point Average,” Ulrich said. “Aquinas College should be excited about the impact that this young lady is going to have on their program and their school.”



# Girls Lacrosse

## Head Coach Annie Eutsey



**PAYTON PARKER, Trine University**

Payton Parker has committed to Trine.

She chose Trine after doing some lacrosse camps and she says she fell in love with the campus and school.

Parker said Penn has really helped prepare her for the collegiate level. Parker added that Penn offers so many sports and that gave her the chance to try lacrosse, which she fell in love with.



Parker talked about how she loves the support throughout the lacrosse team. She loves her teammates and all the coaches and she's thankful that they pushed her to her fullest potential. Parker started playing lacrosse her sophomore year, she told me how she couldn't have done any of this without the support of her coaches and teammates.



**ZOE WHITLOW, Tusculum**

Zoe Whitlow has committed to Tusculum, which is located in Greeneville, Tennessee.

Tusculum wasn't originally on Whitlow's college list. She and her mother visited Tennessee to visit two other colleges. On their way home, she decided to visit Tusculum. While they were driving around the campus, Whitlow got a call from the Tusculum lacrosse coach. They met the coach within an hour, and she knew that was where she wanted to go.



Whitlow explained that she has honed her defensive skills. She said the Penn Lacrosse is very competitive with each other and opponents. "In the end we strive to support each other and challenge each other," Whitlow said.



# Girls Swimming

## Head Coach Jess Preston



**ABIGAIL BARNES, Bethel**

**Penn's Abby Barnes will be a part of the inaugural swim team at Bethel University.**

**Penn Girls Swimming Head Coach Jess Preston is very intrigued and excited for Barnes' college athletic career.**



**"Abby has a very unique opportunity being on the first-ever Bethel swim team," Preston said.**

**"She has an outgoing personality and will do very well at the collegiate level," Preston said. "If I were a college coach, she is someone who I would want to build a team around."**

**For Barnes, the pull of staying home and being a part of history at Bethel college was what sealed the deal.**

**"I chose Bethel not only for being close to home, but I wanted to be a part of the inaugural swim team!"**

**Although Barnes will be moving on with her swim career she hasn't forgotten all that Penn swimming has shown and done for her.**

**"Penn swimming has showed me how to be responsible and how to work well with others, also how to be a leader!" Barnes said.**

**"During my time swimming at Penn I met so many friends and I have made so many memories, from the beginning the swim team has been like family!"**





# Girls Track & Field

## Head Coach Melissa Danner



**JEMMIA PENNIX, Point Loma Naz.**

Jemmia Pennix, who has excelled academically and athletically at Penn, has committed to Point Loma Nazarene University in California.



Pennix has her sights set on state in the 400-meter dash, the 200-meter dash, and the 4x400 meter dash for Penn before moving onto college.

“I chose Point Loma because I loved the programs that are offered there, as well as the community that they have,” Pennix said. “My dad used to be a professor

there in the music department, so I have that connection to my dad through the school. I also love the warm weather.”

Pennix said that Penn academics and athletics has prepared her for the next level.

“Penn has encouraged me to push my limits, and to try new things,” Pennix said.

Pennix has been a leader for Penn.

“I tell my teammates to be confident in your abilities, learn from your mistakes, enjoy your high school track years and remember to laugh,” Pennix said.

Pennix, a member of Penn’s nation-award winning orchestra, will major in music.

Penn Girls Track and Field Head Coach Melissa Danner said that Pennix is an exceptional competitor.

“Jemmia races with a tremendous amount of heart!” Danner said. “Whether it is an open race or her turn with the baton in a relay, you know that Jemmia will fight and give her very best all the way through the finish line.”



# Girls Wrestling

## Head Coach Matt Selis



**AMANDA FEDER, McKendree**

Amanda Feder, who has helped lead Penn to three consecutive State Championships in Girls Wrestling, has committed to McKendree University.



According to Feder, she chose this McKendree because, “it provides the perfect atmosphere for me to thrive academically and it’s prestigious wrestling program will challenge me to strive for excellence.”

McKendree is known for its women’s wrestling—last year, they placed third as a team at WCWA nationals, with two individual champions.

In her high school career, Feder has had many accomplishments that put her above her peers and proved her worthy of wrestling at the next level. She won first place in both Freestyle State and the Folkstyle State finals this year, second place in Folkstyle State last year, and third place in Freestyle State last year. She won the Homewood-Flossmoor tournament and the Penn Girls Folkstyle Tournament this past year as well. Her honors included academic all-state and the Penn Mental Toughness Award.

“High school has taught me that hard work is necessary to achieve results,” Feder said, “All of my high school wrestling coaches have taught me important life lessons that I will not only use in college, but for the rest of my life. I am so grateful that I was able to experience wrestling in high school and am able to pursue my passion in college.”

Her passion has been noticed by Feder’s coaches as well.

“Amanda is an upcoming phenom,” Penn Wrestling Head Coach Brad Harper said. “I’m excited to watch her because she has tenacity and determination that is unmatched by other girls in the sport, along with great integrity and work ethic.”