



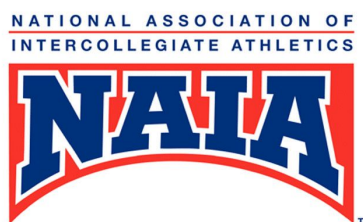
Penn Athletics

Signing Day

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

COLLEGE SIGNING DAY FALL 2020

Student-Athlete	College	Sport/H.S. Coach
KAITLYN COSTNER	Ohio State University	Basketball/Kristi Ulrich
GRACE SCHUTT	Olivet Nazarene Univ.	Basketball/Kristi Ulrich
MADISON BAYS	Walsh College	Lacrosse/Annie Eutsey
JULI KIRKPATRICK	Hope College	Lacrosse/Annie Eutsey
BELLA MONTGOMERY	Northern Michigan Univ.	Lacrosse/Annie Eutsey
MIA SKIBINS	Hope College	Lacrosse/Annie Eutsey
DAVID ROSS	Holy Cross	Soccer/Kyle Zaber
CHLOE CRIPE	Holy Cross	Soccer/Jeff Hart
BRYNN DAUBY	Holy Cross	Soccer/Jeff Hart
MARY KACZYNSKI	Saint Mary's College	Soccer/Jeff Hart
SOPHIA LENFESTY	Lewis University	Soccer/Jeff Hart
HANNAH ROBERSON	IUPUI	Soccer/Jeff Hart
KATE SHERWOOD	Bethel University	Soccer/Jeff Hart
HOLLY THOMAS	St. Francis	Soccer/Jeff Hart
AARON DIES	Grand Valley State Univ.	Swimming/Jess Preston
JOE RADDE	Indiana University	Swimming/Jess Preston
ADDY KOIS	Valparaiso University	Volleyball/Lisa Pawlik
JAMES SMITH	Wisconsin-Eau Claire	Wrestling/Brad Harper





KAITLYN COSTNER



Kaitlyn Costner, who played a key role in the Penn Girls Basketball Team's run to the Final Four last season, has committed to play Women's Basketball at Ohio State.

Costner, a 5-foot-6 guard, averaged 12.8 points a game as a Junior at Penn. She scored 20 points in her varsity debut in a 65-42 win vs Northridge.

Costner chose Ohio State primarily because she fell in love with the coaching staff and the facilities. She stated that their Physical Training program also caught her eye.

Playing basketball at Penn has helped prepare Costner for the challenge of competing in the Big Ten.

"Penn basketball has helped me prepare for the Big Ten because practices are so competitive," Costner said. "We go at it everyday and challenge each other. Practices get very intense."

Penn Girls Basketball coach Kristi Ulrich is very excited to see where Costner takes the rest of her career after finishing the 2020-2021 season as a senior.

"Kaitlyn will succeed at Ohio State because of her work ethic," Ulrich said. "She is just a flat out work horse from top to bottom. She is competitive, athletic, and explosive. She can score in a variety of ways and lock you up on D."

"Kaitlyn is also a great teammate," Ulrich said. "She is unselfish, encouraging, and a positive role model for those around her."





GRACE SCHUTT



Grace Schutt, who played an essential role in the Penn Girls Basketball Team's run to the Final Four, will continue her academic and athletic careers at Olivet Nazarene.

"I chose Olivet Nazarene University because I feel it is a perfect fit for me academically and athletically," Schutt said. "I fell in love with the campus and really bonded with Head Coach Lauren Glenn and her staff. There is a family atmosphere at Olivet Nazarene and the players have been very welcoming to me."

"On the basketball side, they play a system that is very uptempo, which I feel really matches my skills. Academically, they have a top-notch business program that I plan to major in. I'm so excited to attend Olivet Nazarene and can't wait to take part in the Tigerball program for the next four years."

Schutt said that Penn Basketball has helped prepare her in every facet of the game.

"Coach (Ulrich) and the assistant coaches have taught me many lessons both on the court and off the court from discipline, teamwork, time-management, hard work, and more," Schutt said.

"At Penn you have to commit yourself to be the best you can be, and have a competitive drive," Schutt continued. "These are all lessons that I will carry throughout my life beyond Penn High School and Penn Girls Basketball. Penn basketball has meant a great deal to me and I will always be proud to be part of the Lady Kingsmen Program."

Coach Ulrich said that Schutt is an outstanding person who is self-motivated to pursue excellence.

"Grace is a hard worker who competes to the best of her ability at each and every opportunity," Ulrich said. "Grace can knock down the outside shot, handle the point, or lock someone down on defense."

"Grace is unselfish and always puts the team first," Ulrich said. "Grace has grown tremendously as a leader through her basketball career as a Lady Kingsmen. Olivet Nazarene University is getting a true winner both on and off the court."



MADISON BAYS



Madison Bays will compete in Lacrosse collegiately at Walsh University, which is located in North Canton, Ohio.

Bays chose Walsh because she wanted to play at a high level of Lacrosse while still pursuing her nursing degree. She saw that Division II Walsh has a chance of competing for championships and making the national playoffs, which made her excited for the future.

Bays also chose Walsh because of the amazing nursing program with hands-on, caring, and passionate nursing professors who have stellar reputations.

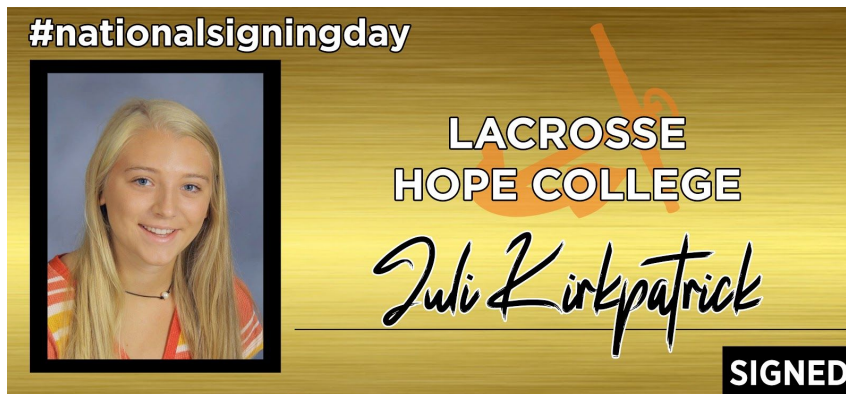
Lastly, Bays selected Walsh because of Coach Shields' philosophies on the game, commitment to his players, and vision on where he wants to take the program.

Bays said that the Penn Lacrosse coaching staff has helped prepare her for playing lacrosse at the college level.

According to Bays, Penn Lacrosse has given her a chance to improve her skills, make new friendships, and gain a sense of leadership both on as well as off the field.

"Maddy is a hard worker who never gives up," Penn Girls Lacrosse Head Coach Annie Eutsey said. "Even through injuries her freshman and sophomore year, she still wanted to be out on the field playing. That drive will take her a long way in college and life. She also works well with others helping them to become better players."





JULI KIRKPATRICK



Juli Kirkpatrick will continue her academic and lacrosse careers at Hope College, which is located in Holland, Michigan.

Kirkpatrick said that she chose Hope because it is a strong school both academically and athletically. She also expressed that Hope College has gorgeous scenery and is located where she would love to live in the future.

Kirkpatrick stated that the Penn Lacrosse coaching staff has helped prepare her for playing lacrosse collegiately.

According to Kirkpatrick, Penn has taught her to always keep persevering and that hard work always pays off.

Throughout her high school lacrosse career, there have been many obstacles that range from injuries to COVID-19 which prevented her from playing.

Through these obstacles, the Penn coaches always pushed her to become a better person and player.

"Since freshman year, I believe that Juli has had the most growth," said Penn Girls Lacrosse Head Coach Annie Eutsey. "Her stick skills have come a long way, to achieve that it takes a lot of dedication.

"(Juli) has become very versatile in her play and really plays well wherever you put her," Eutsey continued. "In college, that will do her well as she could play any position a coach may need for their team."



#nationalsigningday



LACROSSE
NORTHERN MICHIGAN

Bella Montgomery

SIGNED

BELLA MONTGOMERY



Bella Montgomery of the Penn Girls Lacrosse Team will play collegiately at Northern Michigan University, located in Marquette, Michigan.

Montgomery chose Northern Michigan because she loves the coaches, the different coaching style, and the gorgeous location.

Montgomery stated that the Penn Lacrosse coaching staff has helped prepare her to play lacrosse at the college level.

According to Montgomery, Penn Lacrosse has taught her how to work hard to become successful.

In addition, it has also allowed her to make meaningful relationships with her teammates and coaches which will carry over into her college career.

"Overall, Bella is a very versatile player who knows her limits," Penn Girls Lacrosse Head Coach Annie Eutsey said.

"(Bella) is a great communicator on the field and also a very aware player," Eutsey continued. "These two skills not only help on the field but will also serve her later in life."





MIA SKIBINS



Mia Skibins will compete in the sport of Lacrosse at Hope College, which is located in Holland, Michigan.

Skibins chose Hope College because of its beautiful campus, incredible nursing program, friendly professors, and small class sizes.

After five visits to Holland, Skibins found herself feeling right at home on the campus and in the charming downtown area.

When she met Coach Pontius, Skibins loved how energetic and passionate she was about her lacrosse program as well as how easy she is to talk to.

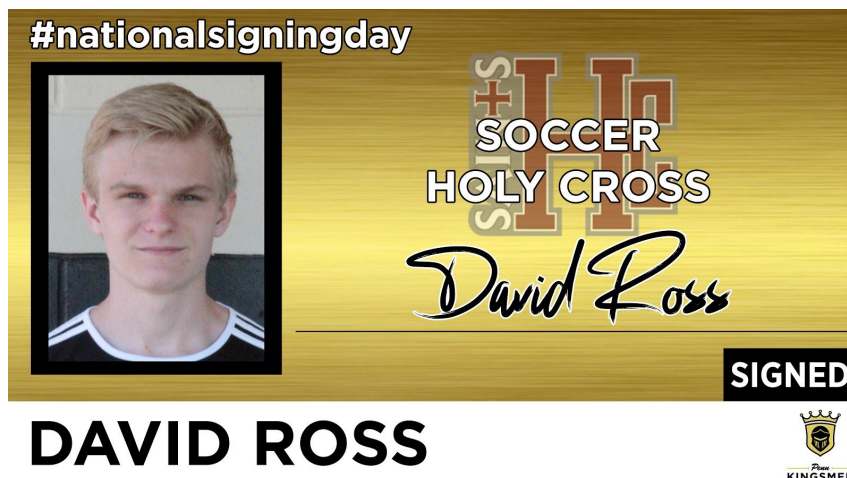
Skibins stated that the Penn Lacrosse coaching staff has helped prepare her for playing Lacrosse at the college level.

According to Skibins, Penn Lacrosse has taught her time management. She stated it takes time management skills to maintain a 4.0 GPA and be a varsity athlete.

"Mia is a hard, full-throttle player even in practice," Penn Girls Lacrosse Head Coach Annie Eutsey said.

"At the collegiate level, this is going to be an asset to her, since the rules of play are a little more open and free," Eutsey said. "She won't get penalty calls like she does now."





David Ross, the Most Valuable Player of the Northern Indiana Conference's East-West Division, will continue his academic and athletic careers at Holy Cross.

Ross led the Kingsmen Boys Soccer Team to an 11-2-3 record. The Senior Midfielder and Kingsmen Captain scored 17 goals for Penn this season.

"Holy Cross provided the best opportunity for the right balance of academic excellence, athletic opportunity, and spiritual life, all of which is important to me," Ross said. "Penn provided excellent coaching and leadership mentoring from Coach Kyle Zaber. The Penn teams had great players and great chemistry, which allowed everyone to develop skills and excel at understanding the finer points of the game."

In addition to being named the NIC Most Valuable Player, Ross was first-team all-NIC, first-team ISCA District I, and was voted by Penn players the Team MVP and the Team Offensive Player of the Year.

Ross also played Travel Soccer for 10 years in Michigan, reaching the State Cup seven times in a row and winning state five times. He was team captain on three of those teams. He also played in the U.S. Youth Soccer Association National League for four years, winning the division twice, and reaching the National Tournament quarter-finals once. Ross was co-captain on the division championship teams and the National quarter-finalist team. He also played in the Gothia Cup in Gothenberg, Sweden, with the Coerver Michigan Performance Academy.

Penn Boys Soccer Head Coach Kyle Zaber said that Ross made an impact in many ways.

"I think the most telling detail for David was his working during our off-season last Spring as part of a leadership council," Zaber said. "David made a personal commitment and public commitment to be a 'leader by example.' David identified that he is not much a talker, but that he would demonstrate high standards in all aspects of the sport: fitness, technical ability, tactics, and leadership.

"Each training session, David made certain he set the example and led from the front. I think this mentality will serve him well at the collegiate level as I know his new coach (Coach Omar Gallo) and his new team culture, values and encourages 100-percent effort. This personal dedication to striving toward the highest possible standard will allow him to settle into the collegiate game well."



CHLOE CRIPE



Chloe Cripe, a Penn Girls Soccer athlete, chooses to further her education and commit to play at the collegiate level soccer at Holy Cross.

Cripe chose Holy Cross for numerous reasons. She is going to study Elementary Education. She likes the coaches, and loves the size of the school.

Carving out a legacy of remarkable spirit, Cripe was cut from the Penn team as a Freshman. She worked as hard as she could and came back stronger than ever before and ready to be a part of the team. And all her hard work paid off as she came back her sophomore year and not only made the team, but won the Most Improved Player Award. Now, she will compete at the collegiate level.

Cripe chose Holy Cross for numerous reasons. She is going to study Elementary Education. She likes the coaches, and loves the size of the school.

Cripe said that she values her Penn Girls Soccer experience.

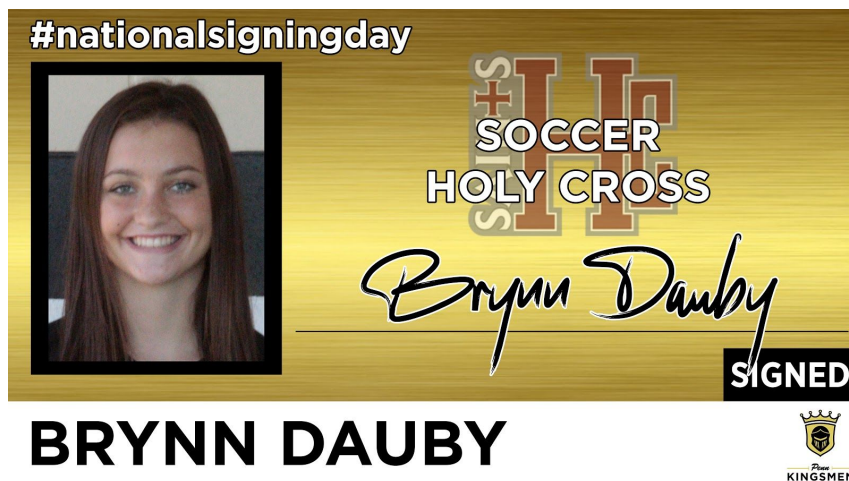
Penn Girls Soccer has done many things for Cripe over the years, such as preparing her to play at the collegiate level. One of the main things that Cripe learned that will carry over to college is time management.

“Penn Girls soccer has prepared me for college by having us practice after school, because in college we will do this and this made me have time management with homework, studying, and doing chores,” Cripe said.

Penn Girls Soccer Head Coach and Athletic Director Jeff Hart said that Cripe contributed greatly to the Penn Girls Soccer program.

“Chloe is a valuable player for our program because she can do so many things,” Hart said. “She started the year as a striker. We’ve moved her to center back and she has kind of stabilized some things in the back for us at the varsity level. She has an extremely bright future when she moves onto Holy Cross because of her versatility, her work ethic, and just the fact that she is such a great teammate.”

Cripe’s hard work ethic and determination has gotten her many places and will continue to take her in a good direction.



Brynn Dauby will further her academic and athletic careers at Holy Cross College.

"I chose Holy Cross because I loved how close it was to home," Dauby said. "It wasn't too far, so I could see my family every now and then but still get the full college experience.

"I also loved the campus size and the close relationships you get to build with your teachers due to it being on the smaller side."

For Brynn, her high school soccer career was different compared to most girls. Suffering two ACL tears, Dauby was sidelined her junior and senior seasons and forced to find a new appreciation for the game.

"Penn girls soccer has prepared me for college more mentally than anything else," Dauby said.

"Being injured for my last two years has made me realize how much I love the game," Dauby continued. "It taught me to cherish all the special moments you do have and to never give up no matter how hard it may be."

Dauby has created special relationships with the girls and her coaches.

"The love and support I received from my coaches and my teammates as well as the fight and grit they taught me is something I'll carry with me into college soccer."

Penn Girls Soccer Head Coach Jeff Hart said that Dauby has been a key contributor.

"From the moment she stepped on the field for Penn Girls Soccer, Brynn became a steady influence in the middle of the field for us," Hart said.

"A captain this year, she is a tough, composed, strong defensive-minded player who can dominate games in the air or with her great touch and vision," Hart said.

Throughout all of her setbacks, Coach Jeff Hart said that, "Brynn maintained a positive attitude and fierce competitiveness that will help her take on an important leadership role early in her career at Holy Cross."



Penn Girls Soccer Senior Captain and four-year varsity member Mary Kaczynski will further her academic and athletic careers at Saint Mary's College.

In her high school career, Kaczynski has overcome not one, but two ACL tears that sidelined her from her sophomore and junior seasons. Seeing the game from a different perspective has taught her a new love and appreciation for the game that she will continue at the collegiate level.

"I chose Saint Mary's not only because it is close to home, but because after talking with their head coach, Coach Jesse (Urquhart), and their admission advisors, I understood that they had the same goal that I had in mind," said Kaczynski.

Along with their flexibility around their athletes' schedules, Saint Mary's has one of the best nursing programs in our area, which Kaczynski is looking to pursue.

Penn Girls Soccer has given Kaczynski opportunities to grow as a leader on and off the field. As a freshman on varsity when the team was No. 1 in the nation and state champions, she was surrounded by extremely talented individuals that were able to share their knowledge with her.

Continuing to be part of the team through their injuries has shown her a new appreciation for the game.

"PGS has not only prepared me for college soccer in an athletic standpoint, but also in life, and I know that these opportunities and experiences will carry over into my future," Kaczynski said.

"Teammate Hannah Roberson said that "if there's anyone who knows about dedication, it would be her." Kaczynski is an incredibly impactful player for her team and knows what it takes to be the best of the best.

Kaczynski's hard work and dedication towards everything she does will continue to benefit her as she furthers her soccer career with the Saint Mary's Belles. She, along with her teammates and coaches, is excited to see what the future has in store for her.



Penn Girls Soccer captain Sophia Lenfestey will study Biology to pursue her dream of becoming an Orthodontist and play Women's Soccer at Lewis University.

Throughout Lenfestey's high school athletic career, she has overcome many obstacles to help her prepare for the collegiate level.

"I think PGS helped me realize that I am a very versatile player," Lenfestey said. "I always used to say that I'm just a defender, but then the coaches started playing me up top, (and) then there were times I would play in midfield. So being able to play all of these positions have helped me see more of a perspective as to what role each position plays."

Lenfestey had a positive first impression of Lewis when attending a Soccer camp.

"Once I was there, everything felt so much different than the rest of the camps I went to, in a good way," Lenfestey said. "And I felt like the personality of their team just fit me perfectly. Along with them also having my major I wanted to study."

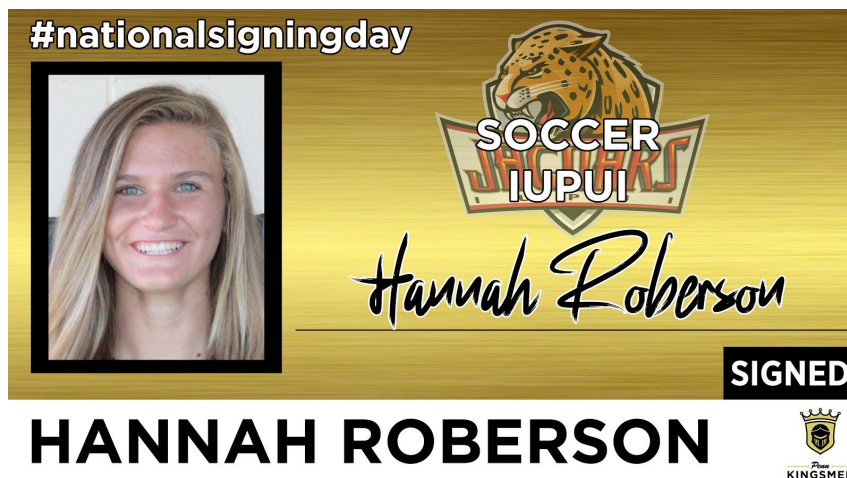
Throughout Lenfestey's high school career she has overcome injuries to get her where she is today. Lenfestey described all these obstacles as challenges to not only make her better at soccer, but to create a make her mentally tough as well.

"I'll miss the unique personality within this team, not just the players, but the coaches, too," Lenfestey said. "It's what made coming to practice everyday fun."

Penn Girls Soccer assistant coach Chad Hershberger said that Lenfestey is a great leader.

"She is going to do great things in life as a person," Hershberger said. "She is a hard worker, kind, genuine person who never lets obstacles get in her way. She has big dreams and she will accomplish these dreams with those traits. I wish her the best of luck in her future endeavors in life. It has been my honor and privilege to coach her the last four years."

All the challenges that Lenfestey has gone through has made her the amazing player/person that she is today.



Hannah Roberson will continue her academic and athletic careers at IUPUI.

Roberson will be teamed up with former Penn Girls Soccer star Maya Lacognato at IUPUI.

“I chose IUPUI because it fulfilled my dreams of playing D-1 soccer while not being too far away from home,” said Roberson. “I also love the city feel in Indianapolis! The athletic staff and teammates are all so positive and welcoming, it makes me want to get to college faster.”

The Penn Girls Soccer Program has also contributed by preparing her for the transition to collegiate soccer.

“Penn Girls Soccer has prepared me for college by teaching me to work on my weaknesses and turn them into strengths,” said Roberson regarding her personal development.

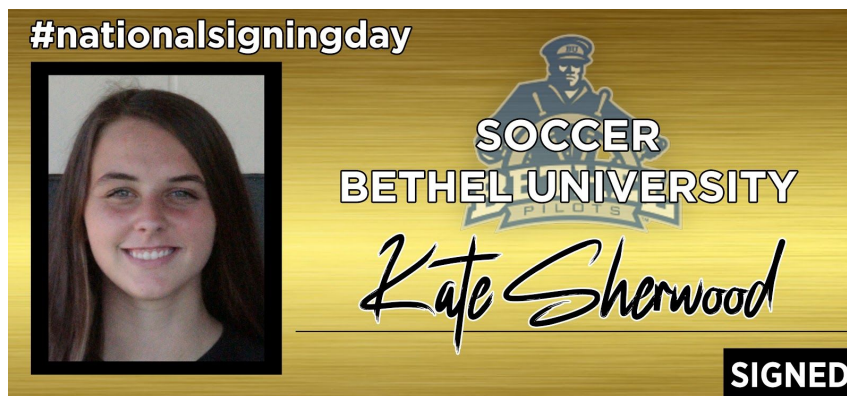
“The whole environment, whether it’s the girls or coaches, have shown the same love for the game as me which has grown my passion to play college soccer,” Roberson continued.

Penn Girls Soccer Head Coach Jeff Hart said that Roberson has been a great attribute to the program.

“She is a fearless, aggressive player with great speed, size and athleticism. She showed up in big games for us with goals in both sectional wins,” Hart said.

“One of our captains this season, Hannah has a great work ethic, a competitive spirit, and a natural leadership style that will benefit her greatly as she moves on to bigger and better challenges at IUPUI next year,” Hart said.





KATE SHERWOOD



Penn Girls Soccer athlete, Kate Sherwood, will not only further her education, but also her athletic career at Bethel University.

"I chose Bethel for multiple reasons," Sherwood said. "First of all, Bethel means a ton to my family. My great-grandpa was the very first (Bethel) graduate, my great-grandma, my grandpa, my grandma, two of my aunts, my uncle, my mom, and my dad all graduated from Bethel, and my brother is a freshman this year." Sherwood will be the fourth generation woman to attend Bethel.

"Another reason I chose Bethel is because of its environment as a whole," Sherwood said. "My faith is the most important part of my life and Bethel is the perfect place for me to grow my relationship with Christ and mature while being surrounded by like-minded people. Thirdly, I plan on studying nursing and Bethel has one of the best nursing programs in the state. Lastly, I was offered a spot on their soccer team and it just provides an even better opportunity to form close friends, have fun, and continue playing the sport I love."

Penn Girls Soccer has given Kate the opportunity to grow and be a part of a family. Sherwood stated that the one thing she will miss most about PGS is her teammates.

"I have gotten so close with some of these girls and many of them will be lifelong friends," Sherwood said. "They are such supportive, encouraging, and understanding teammates and I've grown to love each and every one of them"

PGS has not only given Kate her lifelong friends and her memories, but it has also helped prepare her for playing at the collegiate level.

"PGS has given me the skills to handle tough situations both on the field and off," Sherwood said. "Since freshman year, my Penn coaches have always stressed the importance of first touch and speed of play, which have both improved my game so much over the past four years. My teammates have prepared me for playing college soccer by holding me accountable, encouraging me, and ultimately just showing up to practice every day with a smile on their face."

"Kate is an encouraging and energetic player who is always willing to help out a fellow teammate," Penn captain Mary Kaczynski said. "She is extremely hard working to push herself to become a better player and she never fails to lead by example on and off the field."



HOLLY THOMAS



Holly Thomas will continue her academic and athletic careers at the University of Saint Francis.

"I chose St. Francis, because after talking to some of the girls on the team it seemed like this school would provide me with the perfect balance of academics and athletics," said Thomas.

"One of their goals this season is to overall maintain a 3.5 or higher GPA as a team and when I saw that academics were such a high priority, I knew that I had found my school."

Thomas said that the Penn Girls Soccer Program has contributed to her development as a player.

"PGS has helped me prepare to play at the collegiate level by always pushing me to a higher standard," Thomas said.

"From coach's feedback to drills that we did at practice, PGS was always trying to make us better as a team and overall that has helped me to see that soccer is something that I love."

Penn Girl's Soccer Head Coach Jeff Hart believes that Thomas's leadership on and off the field will benefit her at St. Francis.

"She is a high character student-athlete that has worked extremely hard to reach this exciting time in her academic and athletic life," said Hart. "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."





AARON DIES



State Champion swimmer Aaron Dies of Penn is signing with Grand Valley State University.

Dies helped the Kingsmen win state last season in the 200 Freestyle Relay. Dies, who will be a senior this season, teamed up with Joe Radde, Joel Cummins and Brock Zuyderwyk to win blue ribbons in 1:22.60.

A State Finalist as a Freshman, Sophomore and Junior, Dies was named the Northern Indiana Conference MVP as a Junior.

Dies swam the second leg of the State Championship relay that finished with the second fastest time in IHSA history. He swam a 20.24. Dies also started off the 200 Medley Relay at backstroke, which finished fifth in the state.

"I chose GVSU because my brother (Evan) has been swimming there for the past two years and has had a great experience," Dies said. "The coaches and faculty really care about you as a swimmer and a student-athlete, where a lot of other colleges focus more on your performance. They also had given me a great scholarship to continue my swimming and academic career there which helped me decide"

"It makes me feel like all the hours I've spent in and out of the pool training and lifting are worth it. It gives me the drive to go further and train harder knowing that I've made it to this point."

Dies appreciates his Penn experience.

"Penn swimming has created a great environment for me to grow and become used to the types of difficult training and situations college swimming would put me in. The coaches here have set me up for success in my future college swimming career."





JOE RADDE



State Champion swimmer Joe Radde of Penn High School will compete for Indiana University.

Radde helped the Kingsmen win state last season in the 200 Freestyle Relay.

Radde, who will be a senior this season, teamed with Aaron Dies, Joel Cummins and Brock Zuyderwyk to win blue ribbons at state in a time of 1:22.60.

"I chose Indiana because I wanted to be surrounded by people who wanted to improve themselves," Radde said.

"The caliber of the swimmers around me would push me to improve while still being able to receive a quality education.

Radde expressed gratitude at earning a scholarship at a university with a legendary Swim program.

"I am extremely honored to have the opportunity to compete at a top swimming program because it gives me the chance to race against the top guys in the nation."

"I know that a lot of people do not get this opportunity, so I am especially grateful to be able to continue swimming with people who care about the sport."

Radde's junior year in 2019-2020 was outstanding, for swimming and in the classroom. He competed in four events at the IHSA State Championships.

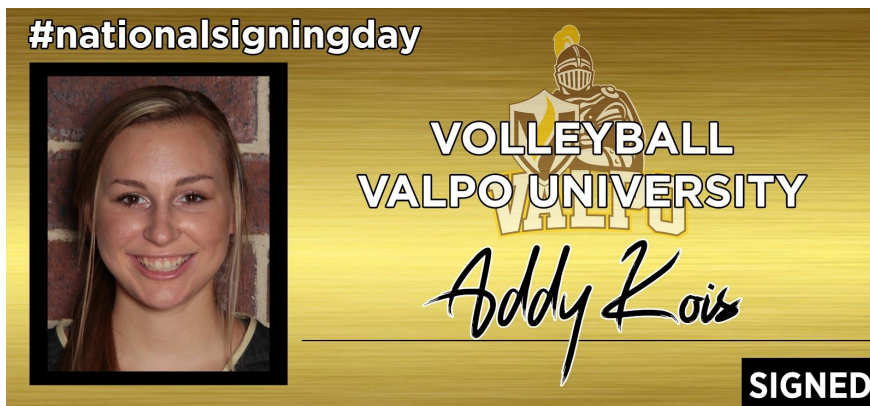
Radde also excels in the classroom. He is a National Merit Scholarship Semi-finalist.

According to Radde, Penn has helped prepare him for an elite college swim program.

"Penn swimming has prepared me for the team aspect of the Big Ten," Radde said. "Penn swimming taught me how to contribute to a team in more ways than just scoring."

Radde's work ethic has played a major role in his success.

"Joe is one of the hardest workers I've ever met, both in and out of the pool," Kingsmen teammate Matthew Howell said. "He's always pushing our teammates to perform at their best and to be their best selves."



ADDY KOIS



Penn Volleyball and Softball standout Addy Kois will continue her academic and athletic careers at Valparaíso University for Volleyball.

Over the course of her four-year Volleyball career at Penn High School, Kois has managed a total of 1,956 assists.

"I chose Valpo because the campus is stunning and I will feel comfortable in my major (marketing) there," Kois said.

According to Kois, Valpo is close to home and has an amazing coaching staff, making the decision that was best suited for her.

Kois emphasized her gratitude to Penn Volleyball.

"Coach Pawlik and Coach Banks, along with the rest of the coaching staff, have made me the best player that I can be by pushing me every day to play at my highest effort," Kois said.

"I've developed traits that make me ready to compete at the next level."

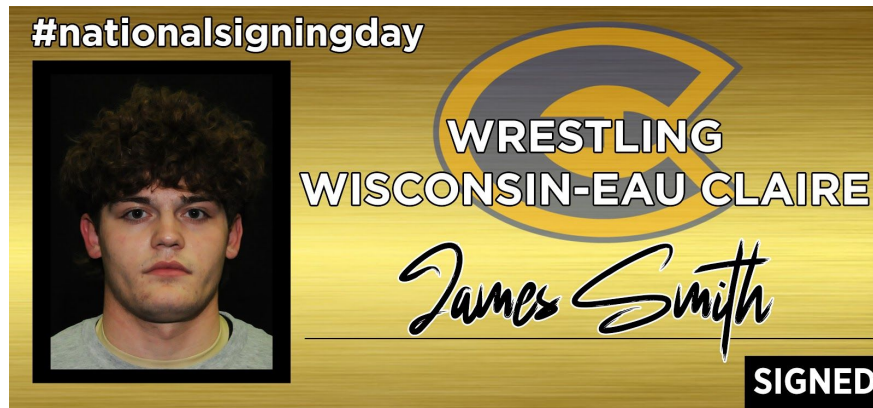
Kois has been an impact player at the Varsity level in both Volleyball and Softball since her Freshman year.

With her fantastic attitude and fantastic work ethic, Kois is going on to do big things collegiately.

"Addy is an amazing two-sport athlete in Volleyball and Softball," Penn Volleyball coach Lisa Pawlik said. "She is a true leader who holds herself and her teammates to a high standard of culture, play, dedication, and comradery.

"Valparaíso has truly gotten an amazing student-athlete and Setter for their Volleyball Team," Pawlik said.

"She fits perfectly in their program and will bring a strong core of talents. We are so happy to congratulate and support her as a Division I Volleyball Player."



JAMES SMITH



James Smith will continue his academic path at the University of Wisconsin-Eau Claire, and will compete in Wrestling for the Blugolds.

"I chose this college because it has a beautiful campus, along with the atmosphere of getting to be the best that you can be, not only on the mat, but also in the classroom," Smith said.

Smith said that he appreciates Wisconsin-Eau Claire's commitment to wrestling.

"I also chose this college because they are a Top 20 program with a brand new wrestling facility," Smith said.

Wisconsin-Eau Claire started looking at Smith as a prospect when he was a Sophomore at Penn.

Smith said that Penn has played an important role in his development.

"The Penn staff has prepared me for this by giving me the tools in the classroom with Mrs. Mammolenti," Smith said. "Grade are the first thing that matter when I walk in the door.

"The coaches at Penn have prepared me for college, teaching me that it's not about winning or losing, but giving it your all while being in a tight-knit family that always supports you and wants to see you succeed."

Penn wrestler Klayton Kuhlman said that Smith is a very smart wrestler.

"James is a very strategic wrestler," Kuhlman said. "He's a great student of wrestling. He always finds out as much as he can about his opponent, and when his opponent makes a move, he's ready with the counter-move."

