



Penn Station Athlete of the Month –

Student: Owen Kilpatrick

GPA: 4.24/4.0

School: Lansing Eastern HS

Athletic Director: Ramona Mendez

Parents: Kathryn & Andrew Kilpatrick

Sibling/s: Nicholas Kilpatrick

Favorite Penn Station Restaurant: Saginaw Street

Favorite Penn Station Sandwich: Chicken Teriyaki

Extracurricular Activities: National Honors Society, Marching Band, Junior Board of Education.

Favorite Book: Anthem – Ayn Rand

Role Model: Nicholas Kilpatrick - Brother

Sports Role Model: Steve Prefontaine

Greatest Achievement So Far:

Maintaining high standards in athletics, academics, and music; learning how to be balanced.

Plans After High School:

Study saxophone or Environmental Science at a 4-year university.

How has participating in high school athletics benefited you?

Participating in high school athletics has made me push myself further physically and mentally, and being a part of the teams has given me an opportunity to develop my leadership abilities. Through leading in sports, I have learned that leading is much more than setting a good example, and that is striving for group success by looking for ways to help others improve. In sports, lots of the time this can look like motivating each other to push ourselves in practice, but a lot of it is also working to maintain a positive attitude amongst the team about the sport and about each other. My different experiences in high school athletics have shown me the importance of attitude in overcoming what seem to be purely skill or physical advantages, and I hope to continue to engage in positive athletic collaboration after high school.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month?



Initially my big brother, who ran cross country all throughout his time in high school, encouraged me to join the team. However, after he left, I decided to be committed to the sport for all four years in high school because of the sense of family I felt on the team and the value I saw in pushing myself physically and mentally. Cross country is different than lots of sports in the sense that it is seemingly an individual sport, but I have found that the teamwork at practice and during meets is just as much an important part of it as the individual work.

Quote from Athletic Director:

Owen is a unique young man who exhibits incredible ethics in the classroom, in sports and in his life. He is the kind of human you just want to be around, very kind-hearted, hard-working, honest and real.

-Coach Lynch, Cross Country & Track Coach

Quote from Principal: