



Penn Station Athlete of the Month – November 2016

Presentation Date: Thursday, October 27, 2016 at noon

Student(s): Rachel McDonald

Sport (s): Volleyball

Twitter Handle: R_McDonald11

GPA: 4.66

School:

Newport Central Catholic High School
13 Carothers Road
Newport, KY 41071

Athletic Director: Jimmy Ryan

Parent (s): Christie and Jeff McDonald

Sibling (s): Drew and Jessie

Favorite Penn Station Restaurant: Cold Spring

Favorite Penn Station Sandwich: Cheesebread

Extracurricular Activities: Music, Pep Club, Breds for Life

Favorite Book: Divergent Series

Role Model: My mom

Sports Hero: My brother, Drew

Greatest Achievement So Far: Winning Girls Junior National Championship in July of 2016

Plans After High School: I plan to attend Southern Illinois University Edwardsville in the Ohio Valley Conference to play volleyball.

How has participating in high school athletics benefited you?

It has given me an opportunity to grow as a person by handling different situations and has helped my volleyball skills get better.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month? Volleyball ran in my family.

Quote from Coach: "Rachel is a great leader always encouraging her teammates, believing in them, building confidence in them and wanting them to succeed. She steps on the court everyday having courage and determination to be a player her team can depend on. We will miss her leadership on and off the court." –Angie Reckers



Quote from Principal: "Rachel McDonald is one of the best female athletes we have had here at NCC. She is also an excellent student and a true leader in our senior class."-Ron Dawn