



Athlete of the Year High School Student Stat Sheet

Please fill out the following questionnaire as completely as possible. Please note that your information may be condensed and/or deleted due to space limitations. Penn Station reserves the right to edit materials as it sees fit for publication.

PLEASE PRINT CLEARLY.

Full Name: **Christopher Ford Cowan, Jr.**

Athletic Director: **Eli Goldberger**

T-shirt size: S **M** L XL XXL

Birthdate: **01/17/02** GPA: **4.58**

MM/DD/YY

Mother's Full Name: **Lynn Williams Cowan** Father's Full Name: **Christopher Ford Cowan**

Siblings: **Sister, Brooke Cowan**

List high school athletics you are involved in:

Soccer (9-12; Varsity, 10-12; Captain, 12)

Ultimate Frisbee (12)

Extracurricular Activities/ High school activities:

Boy Scouts (9-12; Eagle Scout)

- **Participated in service projects like installing landscaping for local library; led in positions like Senior Patrol Leader; learned outdoor skills**

Sleepout/Homelessness Club (10-12; Co-President, 11; Mentor, 12)

- **Raised homelessness awareness; fundraised \$10,000+ for Huckleberry House supporting homeless teens; won Columbus Foundation Youth Philanthropy Award**

The Torch Student Newspaper (11-12; Staff Reporter, 11; Feature Editor, 12)

- **Led 30 reporters as newspaper Feature Editor; as reporter wrote monthly articles about topics like diversity at the HS; named "All-Ohio" publication**

Key Club (9-12; Editor, 10-11; Vice President, 12)

- **Organized Bexley Carnival to raise \$2,000+ for South Sudan and children w/ cancer; led activities like making "Get Well" cards for hospital patients**



Favorite Book: **Slaughterhouse-Five by Kurt Vonnegut**

Role Model: **My grandfather, Frank Cowan**

Sports Role Model: **Robin Van Persie**

Greatest achievement: **My greatest achievement is helping to win two consecutive district championships for Bexley during my junior and senior years.**

Plans for the future: **I plan to attend Vanderbilt University next fall.**

Favorite Penn Station store: **2500 E Main St, Bexley, OH**

Favorite Sub: **Chicken Teriyaki**

Why do you love to play your sport?*

I love playing soccer and ultimate frisbee because of the satisfaction I feel after winning matches alongside my friends and teammates.

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

I have played soccer for nearly 15 years, and I have always loved working hard to improve my technical and tactical abilities.

I decided to play Ultimate Frisbee because I wanted to challenge myself and try a new sport.

How has participating in high school athletics benefited you?*

Participating in high school athletics has benefitted me by giving me new friends in addition to a passion for sports that I can carry into college and onward.

*Typed responses may be attached