



Penn Station Athlete of the Month – October 2020

Presentation Date: Monday, September 28, 2020, at 2:45 PM

Student(s): Julia Ruffolo

GPA: 4.29

School:

Archbishop Alter High School
940 East David Road
Kettering, OH 45429

Athletic Director: Christina Hart

Parents: Rick & Tina Ruffolo

Sibling(s): Danielle, Robby, Dominic & Anthony

Favorite Penn Station Restaurant: Brown Street

Favorite Penn Station Sandwich: Turkey Bacon Ranch (Grilled)

Sport(s): Soccer & Lacrosse

Extracurricular Activities: Student Council (Spirit Officer), NHS, Key Club, Hope Squad, Peer Ministry, Alter Scholars, and my food Instagram @she_ate_it.

Favorite Book: *Wonder* – R.J. Palacio

Role Models: My older brother, Robby

Sports Hero:

Greatest Achievement So Far: Being the starting center mid-fielder for the 2019 State Championship Soccer team.

Plans After High School: I am planning on continuing my education, studying International Business and Spanish or Physical Therapy.

How has participating in high school athletics benefited you? Participating in high school athletics has taught me how to hold myself to high standards and be accountable with myself and my teammates. It has shown me what it means to be a part of something bigger than me.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month? I'm the fourth of five children and all of us grew up playing soccer. My parents played at the University of Dayton (UD), and their love for the game transferred to me so I stuck with it.



Quote from Coach: “Julia is the quintessential teammate every team needs to be successful. She is an ambitious, hard-working, thoughtful young lady who will do what is right every time. Julia is guided by a moral compass that directs her to be the best version of herself so she can exemplify the traits necessary for a unified and positive team. I can’t think of an athlete more deserving of recognition—thanks to those great qualities—than Julia!” – Javier Iriart

Quote from Principal: “I am so proud that Julia has been named Penn Station Athlete of the Month, though she is much more than an athlete, which is true of all the honorees. Julia is very selfless, while being very focused. She is compassionate, she looks out for others, and she truly lives her faith while being a standout in the classroom and on the field. She is someone we all want in our corner.” – Lourdes Lambert