



Penn Station Athlete of the Month

Student: Lily Thomas

GPA: 4.303

School: Christ Presbyterian Academy

Athletic Director: Parker Altman

Parents: Connie and David Thomas

Sibling/s: Witt and Baker Thomas

Favorite Penn Station Restaurant: Bellevue

Favorite Penn Station Sandwich: Cold Chicken Salad

Extracurricular Activities: Yearbook staff, National Honor Society, and community Service

Favorite Book: Hillbilly Eglegy

Role Model: Malala Yousafzai

Sports Role Model: Katie Ledecy

Greatest Achievement So Far: Becoming co-captain of the Varsity Cross Country team

Plans After High School: Attend a 4-year college or university and study international studies/Spanish.

How has participating in high school athletics benefited you?

Running cross country and being on the swim team have allowed me to create a well-rounded lifestyle for myself. While I love to learn and participate in academics, I have found deep joy and fulfillment through my afternoons spent exercising, being outdoors, and socializing with my teammates. I wouldn't trade my experience in athletics for anything.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month? I signed up for cross country before my sixth grade year because I wanted to make new friends. The bonds of encouragement and love that I have with my teammates have drawn me to the sport each year.

Quote from Athletic Director: There is no way to describe the positive impact Lily has been on our cross country team for the last four years. She has been an amazing leader for our girls as she leads by example. She is kind selfless, and loving and we are all better because of her servant leadership and heart.



Quote from Principal: Lily is the embodiment of a servant leader in everything she does whether it be in the classroom, on the cross country course, or leading our award winning yearbook program, Lily always looks for ways to help others. This ability to serve does not take away from Lily's successes, rather it accentuates all that she has and will accomplish.