



Penn Station Athlete of the Month
Winter Seasonal Winner 2019 – Raleigh
School: Cary High School

Student: Anton Idhammar

GPA: 4.43

School: Cary High School

Athletic Director: Michael Dunphy

Sport: Cross County and Track & Field

Parents: Tina & Tor Idhammar

Sibling/s: Viktor & Max

Favorite Penn Station Restaurant: Cary Town BLVD

Favorite Penn Station Sandwich: Chicken Teriyaki

Extracurricular Activities: National Honor Society, French Honor Society

Favorite Book: The Perfect Mile

Role Model: My dad

Sports Role Model: Coach Dotson

Greatest Achievement So Far: Gatorade XC Player of the Year

Plans After High School: Engineering and running at the University of Pennsylvania

How has participating in high school athletics benefited you?

I have become a better person because of running. I have learned life lessons and personal characteristics such as dedication and perseverance that I will hold on to for the rest of my life.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month? I originally started running for endurance for other sports I was



playing at the time, but I fell in love with running and it became my favorite sport replacing all other sports.

Quote from Athletic Director:

Jerry Dotson- Coach

Anton has been a fantastic student athlete at Cary the past 4 years. He has excelled both in the classroom and on the track.