



Penn Station Athlete of the Month – Fall Southbend

Student: Lauren Frank

GPA: 4.27

School: Penn High School

Athletic Director: Aaron Leniski

Parents: Nate and Tricia Franks

Sibling/s: Danielle and Aaron Frank

Favorite Penn Station Restaurant: Mishawaka Location

Favorite Penn Station Sandwich: Chicken Parmesan

Extracurricular Activities: Enjoys playing cards and board games with family and friends, biking and reading books

Greatest Achievement So Far: 2016 16th All-State Cross Country Finish

Plans After High School: Attend College to pursue a physician's Assistant Degree

How has participating in high school athletics benefited you?

High school athletics have helped my work ethic and allowed me to grow as a leader. However much work I put in directly translated to success in my races later.

Quote from Athletic Director:

Lauren is an outstanding leader and role model for the Kingsmen. Her dedication to academic and athletic success is evident in her results. Combining this with her involvement in various clubs and organizations provides a prime example of the well-rounded experience we want all children to have

Quote from Principal:

Lauren is a very special young lady with impeccable character and work ethic. She is reliable and trustworthy person who is always respectful of the staff and students.