



Penn Station Athlete of the Month

Student: Caden Lowery

School: Lutheran High School

Athletic Director: Katherine McCulley

Parents: Jami and Derek York

Sibling/s: Ella York

Favorite Penn Station Restaurant: Lindbergh Blvd.

Favorite Penn Station Sandwich: Chicken Teriyaki

Extracurricular Activities: Hunting, old cars, and watching sports

Favorite Book: The Great Gatsby

Role Model: Donnie Lowery (Uncle)

Sports Role Model: Dale Murphy- Atlanta Braves #3

Greatest Achievement So Far: Achieving a high rank in JROTC & Bravo Zulu award

Plans After High School: Enlisting in the Army and Majoring in Criminal justice at SIU

How has participating in high school athletics benefited you? Team sports have taught me leadership, accountability, and dedication.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month? I like running and physical activity. It is a good activity for my body and mind.

Quote from Athletic Director: Caden joined our cross country team his senior year and made a positive impact from day one, with his work ethic and leadership abilities. Caden was not one of lead runners, however this never effected his attitude and approach at the sport. He was always positive during practices and competition bringing his best effort each day. As a coach, Caden is the type of athlete you desire on your team, a good leader who leads by example but also has the ability to listen and take input from other team members in a respectful constructive manner- Coach Doug Reynolds.

Quote from Principal: When Caden came to Lutheran High School las year it was clear he was a young man who has a singular purpose in mind, to join the military and do the best he could at the. Over the months since then, we have seen that he continues to have that focus to get things done. Whether that is in the classroom, helping our maintenance man during a free



period or as an athlete on the playing field or running course, Caden exhibits that ability to accomplish his goals. We are thankful that he transferred to Lutheran High School last year and we know he is going to take that successful attitude with Him wherever he goes. – Glenn Rollins