



Penn Station Athlete of the Month

Nashville Market

Winter Seasonal Winner 2019

Student: Mitchell Ray

GPA: 3.39

School: Donelson Christian Academy

Athletic Director: Dennis Goodwin

Parents: Deb and Kevin Ray

Sibling/s: Matthew and Misti Ray

Favorite Penn Station Restaurant: Hermitage

Favorite Penn Station Sandwich: Chicken Parmesan

Extracurricular Activities:

Participated in HS Intramural sports: Dodgeball & Volleyball. Senior year helped organize the Chapels that we have every Mon & Wed. Volunteered 90+ hours at Hermitage Elementary School in classroom. Volunteer many hours each Christmas season, since 4th grade, at my grandmothers church with their Toy Store for the underprivileged. Service Trips with youth group to help families and organizations. Hold down a part-time job at JC Penney since 10th grade. Mow several yards during summers. 2019 National Football Foundation Scholar Athlete Honoree,

Favorite Book: The Outsiders

Role Model: My Dad

Sports Role Model: Coach Isiah Newson (Coach Z)

Greatest Achievement So Far: Holding down a job while playing football throughout high school and keeping up my grades.

Plans After High School: Become a successful Chemical Engineer



How has participating in high school athletics benefited you?

_It made me a well-rounded student, and taught me to not give up, and to fight for the results you want as an individual, and as a team. Football also has made me be flexible with my approach to life. Because you never really know what is going to happen during a play on the field you have to adjust quickly and be ready to do something different than the plan. These adversities and situations also build character as you try and figure out the best way to get the desired results.

What made you decide to play the sport for which you were named the Penn Station Athlete of the Month?

. Started playing football when I was 5. I just loved it and was fortunate to make some great friends and play on some good teams. Deciding to play in High School was easy. The rush of adrenaline you get when running on to the field and the fight till the last horn is a feeling I love and will miss greatly!

Quote from Athletic Director/Coach:

Quote from coach or Athletic Director about student (Please note name):*

MITCHELL IS A VIBER AT DCA. HE WAS CHOSEN AS HOMING-BIRD KING & MVP DCA. HE IS AN EXAMPLE OF OUR MISSION TO DEVELOP THE WHOLE PERSON TO BE CHRIST-LIKE LEADER IN THE HOME, CHURCH, COMMUNITY. DCA IS A BETTER PLACE BECAUSE OF HIM.
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