



**Student:** Cassidy Crist

**GPA:** 3.78

**School:** West Johnson High School

**Athletic Director:** Josh Plisko

**Parents:** Christine and Gregory Crist

**Sibling/s:** Erik and Britta Crist

**Favorite Penn Station Restaurant:** Hillsborough Street

**Favorite Penn Station Sandwich:** Club

**Extracurricular Activities:** Kayaking and Cooking

**Favorite Book:** The Hunger Games

**Role Model:** My Mom

**Sports Role Model:** Tim Tebow

**Greatest Achievement So Far:** Returning to competitive play after tearing my ACL twice

**Plans After High School:** Attend ECU to obtain a Bachelors in Biology

**How has participating in high school athletics benefited you?**

Playing sports has given me a new respect and passion for athletic play. It has created a new self- confidence and helped me with my self- esteem and has allowed me to establish life-long friendships with others.

**What made you decide to play the sport for which you were named the Penn Station**

**Athlete of the Month?** My passion has always been on the soccer field, however I decided to play basketball my sophomore year in order to help rehabilitate my knee and ended up loving it as much as soccer.

**Quote from Athletic Director:** Cassidy is a joy to be around she is a driven and competitive athlete as well as student. This student- athlete really sets the bar about what our high school is all about.