



# HOLLENBACH HEADLINES

Monthly Athletic NewsLetter



Jamie Murray '24 beats defenders down the field.

## Coach Spotlight: Julian Fernandez

### Building Girls Soccer From the Ground Up

Julian Fernandez joined Perkiomen last fall as Director of Soccer Operations and a member of the English and History faculty. He says he saw so much potential for growing the athletic program from the ground level up and views the prospect of working through its highs and lows to be an exciting opportunity for him and the school.

Fernandez's goal is for all athletes to not only be committed to bettering themselves, but also to become more comfortable by playing outside their comfort zones, and in the end grow into stronger players. He believes that athletes should compete on the club level, which enables them to lengthen their season by competing throughout the year. This results in a higher level of play in season. His coaching philosophy is that creating an environment that mimics the game in training will result in players being better able to make adjustments within the game. This leads to players having autonomy to make decisions and own their success. He says, "Competitive players have a say

in the outcome of the game; they want to be drivers, not just passengers."

One of Fernandez's favorite memories from the past year includes the girls team's participation in the Penn-Jersey Athletic Association.

"The girls displayed an incredible amount of emotion after the final game, and it was a direct result of the competition," says Fernandez. "I loved being a part of their level of commitment and was sad to see it end."

Prior to joining Perkiomen School, Fernandez had coached for FC Delco, Chestnut Hill College, and Temple University soccer teams. He graduated from Chestnut Hill College where he played outside back/defensive center midfielder for the school's soccer team. He also served as team captain during his senior year and earned a spot on the Dean's list every year while at college. He also currently coaches for Hex FC during the travel soccer season.



Kara Dellinger  
P '23, '25



## Letter from the Athletic Director: Mike Kruger

I am thrilled to welcome our students back as we get ready for the school year and fall sports. The energy on campus is palpable as our athletes and coaches gear up for the start of their respective seasons. During preseason, players have been hard at work in the weight room and on the fields. Their motivation is inspiring, and I'm looking forward to seeing that competitive spirit translate into successful seasons.

This edition highlights our soccer teams - it's an exciting time to see the programs grow with strong coaching and talented players. I invite you to come out and catch a game this fall. Our Fall Family Weekend (September 15th and 16th) is a fantastic opportunity to return to campus and see many of our teams play. Let's go Panthers!



## Coach Spotlight: Mike Narzikul

### Bringing New Perspective to Boys Soccer



Kara Dellinger  
P '23, '25

Mike Narzikul, the newest head coach to join Perkiomen, is excited to be on campus and a part of our community. Narzikul will serve as the Head Boys soccer coach and Director of Student Life Programming. Having begun his role in July, he already feels drawn in by family-like atmosphere on campus.

Narzikul says, “Everyone made me feel at home, and I was immediately embraced as part of the community. Even the students could not have been any more welcoming when I visited in the spring.”

Coach Narzikul brings four years of soccer and eight years of basketball coaching experience to this role. His philosophy is that playing the sport is all about the experience the athletes gain through participation. He believes that it is about remembering the experience and making them feel better about themselves.

He says, “My goal is to create a culture of joy and fun while being competitive. Most importantly, I want them to remember that through it all, they are all friends and brothers.”

He continues, “My favorite coaching memory was during the FC Delco State Cup Final. Seeing how proud the guys were as they walked onto the field, where they stood by position to be introduced. That makes it all worthwhile.”

Narzikul attended Catholic University of America where he played soccer all four years and served as team captain for two years. He helped lead the team to an undefeated season, achieving the most wins in a season and earning a ranking of 10th in the country, the highest ranking in Catholic’s history. He also was named athlete of the year in 2020 at Catholic University, and named First Team All-Conference by the Landmark Conference Selection for three years.



## News



### Fall Family Weekend Schedule:

9/16:  
Cross Country Invitational  
@ Perkiomen – 9:00am

Baseball v Bethlehem  
Catholic – 11:30am & 1:30pm

Boys Varsity Soccer v  
Mercersburg – 1:00pm

Girls Varsity Volleyball v  
Mercersburg – 1:00pm

Football v Mercersburg –  
1:00pm

Boys JV Soccer v  
Mercersburg – 1:00pm

Come join the fun and  
support our Panthers!!



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## Student Spotlight: Bria Moyer



Taylor Fields '25

### Dedication, Camaraderie, and Resilience

Day student Bria Moyer '25 (Green Lane, PA) is excited for her junior year at Perkiomen. Passionate about soccer, she plays both for Perkiomen and a club team so that she can play year-round. This dedication makes her a key player for the Panthers on and off the field.

Bria says, "My coaches' emphasis on teamwork has transformed me into a stronger and more compassionate teammate, both on and off the field. These qualities will serve me well beyond my playing years."

Bria also credits her coaches and advisors as pillars of support: "They have helped me in so many ways. It all starts with them listening. I know if I ever need anything they will always be there, and I can come to them whenever I need to."

She has also learned that maintaining a routine is important in helping with time management, academics, stress reduction, and a positive outlook.

This balance also allows her to enjoy lighter moments at Perkiomen, including sitting in Coach Fernandez's classroom watching World Cup games with her teammates before school to cheer on their favorite teams.

Perkiomen has not only enriched Bria's life through sports but has also encouraged her to take risks – including looking at being recruited for college soccer. Her advice to fellow students is embrace moments for growth, conquer fears, and lean on the support of those around you. Bria's journey is a testament to the boundless opportunities that await those who embrace the challenges and rewards of being a student-athlete at Perkiomen School.

