

HOLLENBACH HEADLINES

Monthly Athletic NewsLetter



Saloni Rammohan '24 gets ready to return the ball in a match.

Student Spotlight: Saloni Rammohan '24



Raising the level

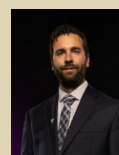
The Panthers number one singles player, Saloni Rammohan '24 (Center Valley, PA) has made a strong impression on the tennis courts at the start of her senior year. In addition to playing at Perkiomen, she also plays on two outside teams. The Winter League Junior Tennis Team allows her to maintain her skills on indoor courts, preparing for a spring outdoor season on a team at Northwood Racquet Club.

When she's not playing, Rammohan also manages the Perkiomen boys' tennis team, serves as a peer tutor, participates in the winter musical, and works on her capstone project for the Medical Institute.

Even with her busy schedule, tennis is an integral part of her life, and Rammohan is looking forward to playing club tennis in college. She shares that in her favorite match this season, she

actually lost 6-4, 6-3 to a stronger player. However, Rammohan played incredibly well and had strong rallies on many points throughout the match. She notes, "Playing against a stronger opponent helped raise the level of my play."

Rammohan loves the close knit tennis team. Favorite memories include cheering for each other at Senior Day and spending time together off of the courts. She credits Coach McMillin for helping her strengthen skills during practice and working with her to improve match strategy. Coach Glinski creates a nice balance of hard work and fun. The atmosphere the coaches create sets the tone for the players and the season. Rammohan will miss playing with her Perkiomen teammates next year, but has no doubt they will stay in touch with each other.



Letter from the Athletic Director: Mike Kruger

The fall season has proven to be strong for the Panthers, with volleyball and girls' tennis competing for league championships, the boys' cross-country team placing second in the league, boys' soccer gearing up for the PAISSA tournament, and football preparing for post-season play. We have honored our seniors at the start of their Senior Day competitions, upholding an important Perkiomen tradition, and we've had excellent fan support at home matches this season. We're excited to see what the post-season brings! Check out the website for details of upcoming competitions – we hope to see you there!

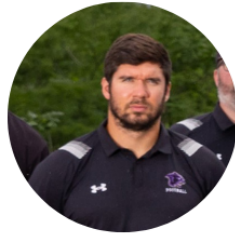
Coaches Spotlight: Season Roundup



Maddy Glinski
Tennis



Dave McMillin
Tennis



Casey Perlstein
Football



Jacob Wells
Cross Country



Matt Willig
Cross Country

What is your coaching philosophy?

- MG:** I teach the building blocks of movement before I teach technique. The mastery of well-learned patterns works to meet the demands of particular skills.
- DM:** Work hard, be prepared, and have fun.
- CP:** I emphasize three things: hold ourselves and our teammates accountable, be competitors not survivors, and have a desire to grow.
- JW:** It's crucial to build team culture and buy-in first before working hard on skills and speed development. Good culture is everything, so focusing on that is vital.
- MW:** Consistency and patience are key. Showing up every day at practice, eating well, sleeping enough, and staying diligent with schoolwork pay dividends in the end. For distance runners in particular, patience through the ups and downs of training is crucial. Improvement is not always linear, and training is done with an end-of-season goal in mind, so you need to be patient to get there.

What was a highlight from the fall season?

- MG:** When we played against Abington Friends, our teams were well-matched. As I watched the various courts, I noticed each of them using different strategies to test their opponents. It was clear that they understood the game and could go toe-to-toe against the other team.
- DM:** I love watching students dig deep to beat opponents and win. In one match, Saloni '24 had long rallies and played well, but lost. I was impressed that instead of being upset, she made a new friend and had a positive outlook.
- CP:** Our two team captains, Joey '24 (RB/LB) & Gavin '25 (QB/S), are leaders on both the offense and the defense. They fully embrace being multi-sport athletes which is a historically significant part of Perkiomen athletics. Being key contributors to the lacrosse team and baseball team, respectively, they have also been the lynchpins to our success on both sides of the field.
- JW:** It was great to have two runners who are new to cross country at Perk, Ryan '27 and Atticus '27, really find their stride and become team leaders and two of the most competitive runners in the league! For the girls, Claudia '24 led the team all season and inspired the rest of her teammates with her dedication and leadership.
- MW:** It was fantastic watching our new runners progress from being able to run for only 8 minutes to completing the 5k and watching their times drop at the end of the season.