

HOLLENBACH HEADLINES

Monthly Athletic NewsLetter



2023-2024 Winter Track Team

Team Spotlight: Winter Track



Jacob Wells, Head Coach Winter Track

Congratulations to Perkiomen's Winter Track team for a fantastic season thus far. Members of the boys' team have broken several school records (listed below), and we are excited to watch our other athletes continuously improve their personal records.

Special shout out goes to Sylvia Ziegler '28 (pictured below). While she has not broken Perk's 200 m record, she has run an impressive 31.7 second race in 8th grade!

Congratulations to the following Panthers who have broken records during the Winter Track 2023-2024 season!

400 m: 54.78 - Rolando Mele '25

55 m Hurdle: 8.41 - Rolando Mele '25

4x400 m Relay: 3:51.52

Paul Cosme '24, Rolando Mele '25,
Andres Suarez '26, Khalem Walker '24

Long Jump: 19-00.5 - Nate Romberger '24



Letter from the Athletic Director: Mike Kruger

We are excited to be back in action after Perkiomen's winter break. I love the energy from our coaches and student-athletes in the pool, on the basketball courts, and on the track. Their hard work is paying off with clutch performances happening in critical moments. In this edition, learn more about our winter track team and hear from two of our track alumni.

Don't forget to check out game schedules and follow us on social media - you can support our seniors in person or virtually on senior day, and see how our seasons wrap up!



We love seeing our Panther alumni finding joy and success as they continue their athletic careers. Both athletes have attributed their college successes to their coaches and athletic experiences at Perkiomen. We wish Mia and Chris the best of luck in their seasons!



Mia Skuraton '22 **Pepperdine University Track**

Being a Division I athlete has been such an incredible experience, and I have learned so many valuable lessons over the past year and a half. Traveling the country to compete against some of the top teams and athletes in the college realm has been simultaneously humbling and rewarding. You walk onto the track and see people you used to look up to competing against you, and it's the most overwhelming and surreal experience.

I have also learned the value of commitment, dedication, and work ethic to a level which very few people may ever understand. It's been amazing to watch my hard work come to fruition!



Christian Weddington '22 **Fordham University Track & Field**

Being a collegiate track-field athlete has been a phenomenal experience that has equipped me with life lessons and skills that will be very impactful in my future endeavors. While my freshman season presented challenges with injuries, I learned the importance of delayed gratification. The standout moment of my freshman season occurred at the Penn Relays, where my exceptional relay team and I broke a 34-year-old Fordham school record in the Men's 4x100 relay.

While reflecting on these achievements, I eagerly anticipate the opportunities that lie ahead in the upcoming indoor and outdoor seasons.