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Sports

Six North Penn athletes commit

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TOWAMENCIN — It was a jubilant, celebratory atmosphere at North Penn High School on Thursday afternoon, as six student athletes announced they had signed letters of intent to play sports on the college level next year.

Heather Selheimer (George Mason University), Mary Morris (Bucknell University), Elizabeth Fedele (University of North Carolina), Kayla Charles (St. Joseph's University), Carly Yost (Monmouth University), and Craig Lepre (University of Albany), all sitting side-by-side in front of a room packed with their family members, friends and coaches, as well as administration, will represent North Penn at the Division 1 level.

"I'm gonna miss them greatly," Maidens track and field coach Jim Crawford Jr. said of Selheimer and Charles. "It seems like they've only been with us for a short time but it's been four years. Every year the other coaches around the league would say to me 'they're back again? It seems like they've been there for years.' It's been an honor to coach both of them."

Standouts right from the start, Selheimer and Charles were promising as freshmen, and even better as seniors. In the midst of their indoor seasons, the duo already owns multiple school records — Selheimer in the indoor 800, 4x8, and DMR, and also the outdoor 4x4, and Charles holds the NP 100 hurdles and 4x1 records outdoors and also the long jump and 60 hurdles record indoors.

Selheimer, headed to George Mason, likes the D.C. area, while Charles said she loves competing in Philly. All six of these athletes simply love competing.

"I feel like I've spent the past month saying amazing things about Elizabeth, but I could probably spend another whole month saying amazing things about her," Maidens field hockey coach Carrie Jankowski said of Fedele. "She is one of the best coaches on the field that I've ever had. She really tries to inspire the people around her to be better field hockey players, as well as be the best field hockey player she can be."

Fedele was leaning towards Duke at one point, but wound up picking the Blue Devils' arch rival.

"It was the right fit," she said happily.

Fedele was a gamer in the postseason. As a sophomore, she converted a penalty stroke in overtime to give North Penn a win over Radnor in districts. Craig Lepre also loved the postseason, especially when NP captured a baseball state title his sophomore season.

"When you coach, you see a lot of kids that have natural abilities and talents that they are born with, but it's usually the stuff outside the talent — their work ethic, their personality, their desire, their drive, and that's what makes these kids move onto the

next level,” Knights coach Bob McCreary said. “Craig certainly embodies that.”

Water polo is a sport that relies heavily on timing, on everyone in the pool being in sync. Morris was the Maidens’ catalyst.

She had a demeanor, coach Bill Bartle said, “that rubs off on everybody.”

Yost did the same thing, in cleats.

“Carly showed a lot of positive attributes that the other players — some of them younger, some of them even seniors — took into consideration,” coach Jim Dehner said. “She will excel.”

Not every day is Signing Day. It’s a lot of tough days that lead up to it — cold, windy days where it’s not very inviting to go running, or days where you struggle at the plate. Or maybe it’s not going well in the water or the goals aren’t coming easy. But all six NP athletes honored on Thursday persevered, and were persistent in pursuing their objectives.

“I have the pleasure of having two young ladies up here, and it’s certainly a thrill for me because it doesn’t happen all the time,” Crawford said. “If you were to use one word to describe what they’ve done, it would be consistency. They come out every day and get the job done. Some days are good, some days are not so good. It’s tough to keep your nose to the grindstone, but both of these young ladies have been able to do that.”

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