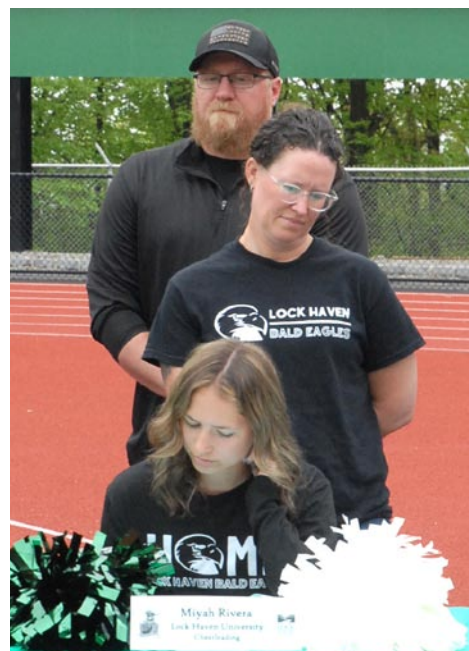




Shawna Mamrak



Alex Moser



Miyah Rivera



Damian Tyminski

Athletic Director
Pen Argyl Area High School

PAHS Senior Day

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Shawna Mamrak is the daughter of Jeff and Dianna Mamrak. Shawna participates in Field Hockey and Track & Field. Her coaches were Meghan Kutzler, Glenn Bray and Christina Straub. Her track and field personal bests include 29.73 in the 200 Meter Dash, 1:06.30 in the 400 Meter Dash and her 4x400 Relay team's time is 4:33.30. Shawna was a Colonial League and District XI qualifier in Track and just set a new school record in the 4x800 with her relay team who is ranked 3rd in the league.

In Field Hockey, Shawna was a 4 year letter winner playing Right Midfield for Pen Argyl. She was also a 3 year starter and Captain her senior year. She was also selected to play in the Female Athlete News Inaugural Senior Cup Field Hockey game.

She plans to attend Moravian University next fall and play Field Hockey for Head Coach Sarah Dalrymple. Coach Darymple stated "We're excited to have Shawna Mamrak join the Moravian University field hockey team next season. Her presence"

Alex Moser is the son of Nolan and Stefanie Moser. Alex participated in Football and Wrestling for Pen Argyl this year under the coaching of Brady Mutton and Tom Mertz. Alex plans to continue his Football career at Moravian University next fall as a Defensive Back under Head Coach Jeffrey Long. Coach Long said, "The Moravian family is extremely excited to welcome Alex Moser. He is a versatile playmaker on the field and a dedicated student in the classroom. This is a recipe for a great career here in Bethlehem. Go Hounds!" Alex plans to major in Business management.

Bradley Rissmiller is the son of Tom and Heather Rissmiller. Brad participates in Football and Baseball for the Green Knights under Head Coaches Brady Mutton and Joshua Guthrie. Brad plans on continuing his Baseball career at the Northampton Community College with Head Coach Adrian Yaguez. Coach Yaguez noted that he is, "Excited to have Brad as one of our incoming 2024 recruits." Brad plans to major in Secondary Education.

Miyah Rivera is the daughter of Cortnei and Bobby Snyder. Miyah participates in Cheering and Softball for the Green Knights under Head Coaches Lizzie Valletta and Bill Shankel. Miyah plans on continuing her Cheerleading career at Lock Haven University with Head Coach Roxanne Williams next fall. Coach Williams expressed that they are looking forward to working with Miyah and all of the Haven cheerleaders this coming year. Miyah plans to major in Psychology.

Damian Tyminski is the son of Todd and Jill Tyminski. Damian participated in Football this year for the Green Knights under Head Coach Brady Mutton. Damian had offers from University of Delaware and Stonehill College. He signed his Letter of Intent to continue his Football career on Athletic Scholarship at Stonehill College this fall for Head Coach Eli Gardner. Coach Gardner said, "We are very excited to have Damian joining our program. He is a big, physical athlete with tremendous ball skills. He had a terrific high school career and we believe he will be extremely productive at the D1 level." Damian will be playing Wide Receiver for the Skyhawks and plans to major in Marketing.