

# Athletes *of the* Week

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## THE PROGRESS

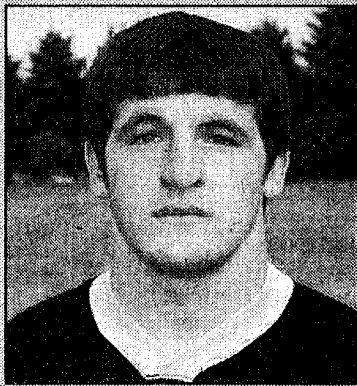
AND...

### Jim's SPORTS CENTER

*We Are Proud To Salute:*

Curwensville football player Nick Sipes has been selected as the Progressland Male Athlete of the Week for the week ending Sept. 30. Sipes had a monster game Friday at Johnsonburg, rushing for 206 yards on 27 carries while scoring two touchdowns. He also kicked an extra point and a 31-yard field, and recorded eight tackles — including a sack — while forcing one fumble and recovering another. Sipes' big game also just happened to come on a night when he became the District 9 all-time rushing leader with 4,807 yards.

"Nick had an all-around outstanding performance," Curwensville head coach Andy



Evanko said. "But that's Nick game-in and game-out. He comes up huge for us each and every week. Nick's an exceptional athlete with tremendous ability."

## Nick Sipes

**Name:** Nick Sipes.  
**School, grade:** Curwensville Area High School, senior.  
**Parents:** Tammy and Leland Sipes.  
**Sibling:** Nate, 20.  
**Pets:** Two dogs (Nika and Shadow).  
**Favorite Pro Team:** Indianapolis Colts.  
**Favorite Athlete:** Troy Polamalu.  
**Pre-game Ritual:** Eating a pack of Fruit Smiles.  
**Biggest Accomplishment:** Breaking the District 9 career rushing record.

**Goal:** Play football in college at any level.  
**Biggest Rival:** Brockway or Coudersport.  
**Favorite Movie:** Any Given Sunday.  
**Favorite TV Show:** Mail Call, Pimp My Ride.  
**Favorite Musician:** Nickelback.  
**Favorite Food:** Mashed potatoes and gravy.  
**Favorite Amusement Park Ride:** Phantom's Revenge at Kennywood Park.  
**Hidden Talent:** Cooking, baking.

Clearfield volleyball player Sara Krchnak has been selected as The Progress' Female Athlete of the Week for the week ending Sept. 30. Krchnak led the Lady Bisons to a pair of wins last week, as Clearfield defeated Brookville and Sheffield.

Krchnak had 18 service points and 17 kills against the Lady Blue Raiders, and had 18 kills and three blocks against the Lady Wolverines of Sheffield.

"She's been hitting really well, she's been blocking really well and finished with a ton of kills last week," said Clearfield volleyball coach Kelly Kaskan.



"Her serving is coming around pretty well and she's been very consistent for us."

## Sara Krchnak

**Name:** Sara Krchnak.  
**School, grade:** Clearfield Area High School, senior.  
**Parents:** Mark and Amy Krchnak.  
**Siblings:** Mark, 15.  
**Pets:** Cat (Radar), Dog.  
**Pre-game ritual:** None.  
**Biggest sports accomplishment?:** Progressland all-star sophomore and junior years.  
**Goal(s):** To finish the season

with a winning record.  
**Favorite Movie:** When Harry Met Sally.  
**Favorite TV show:** Nip/Tuck.  
**Favorite musician:** None.  
**Favorite food:** Subs.  
**Favorite amusement park ride:** Tower of Terror in Disney World.  
**Hidden talent:** Good swimmer.

*These Athletes of the Week will be rewarded for their efforts with a sweatshirt from The Progress. The sweatshirts were designed by Jim's Sports Center in Clearfield exclusively for The Progress and these weekly honorees.*