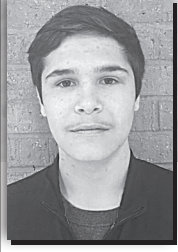




# MHS

## ATHLETES OF THE WEEK

McMINNVILLE HIGH SCHOOL 2016-2017



### NOAH SPENCER WRESTLING

Junior | Coach: Jordan Barich  
Parents: Jessica & Jesse



Despite being on winter break, Noah had an impressive 5-3 record for the Grizzlies Wrestling Program. He placed 3rd at the Canby tournament and was only one match away from placing in a very tough Washington tournament. Noah has worked consistently hard in the practice room this year. Way to go Noah and we look forward to what is to come!



### ISAAC NEWELL BOYS' BASKETBALL

Junior | Coach: Willie Graham  
Parents: James & Rachael



A junior forward for the Grizzlies, Isaac Newell played well in victories over St. Helens and Hood River last week. In addition to averaging 8 points and 5 rebounds in these two games Isaac was especially active on the defensive end of the court- accounting for 6 deflections! Great job, Isaac and keep up the good work!



### KAYLA HEUBERGER GIRLS' BASKETBALL

Junior | Coach: Sean Coste  
Parents: Ben & Melissa



Kayla was relentless at the Century Tournament Championship over holiday break. Leading the fast break, rebounding and attacking the basket, Kayla was a scoring leader in games against Milwaukie and Jefferson. She also set the tone early on by pressuring guards with her aggressive defense. Kayla has done a great job all season by moving the ball up the floor quickly then getting into the paint and finishing at the basket. Keep up the great work Kayla!



### KALINA BUHLER GIRLS' SWIMMING

Junior | Coach: Jason Hafner  
Parents: Terry & Wendy



Kalina put in two weeks of excellent training over winter break. During this time she had a perfect attendance record and completed the Grizzlies annual Christmas Eve workout- a 10,425 yard practice! Kalina is looking strong and swimming faster times than she did at this point in the season last year. Her consistency and hard work at practice set a great example for her teammates. Great job Kalina and Go Grizzlies!



### NATE BLACKWELL-MITCHELL BOYS' SWIMMING

Senior | Coach: Jason Hafner  
Parents: Ron & Sharon



Nate showed great leadership over the break- missing no practices and working extremely hard. He thrives on challenging practices and his performance at our Christmas Eve workout was exceptional. Nate is in great shape and swimming fast into the New Year. His ability to swim numerous events- often the tough one's like the 500 free- is a tremendous asset to the team. Keep up the good work and Go Grizzlies!

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