

MACHIGH

athletes of the week



Matthew Long

Boys' Basketball

Junior / Coach: Willie Graham | Parents: Jeff & Karen

Junior forward Matt Long played well in all three of the Grizzlies games over Christmas break. He averaged 10 points, 6 rebounds and 2 assists in those three games. Matt was especially clutch at the free-throw line against Roosevelt, making six straight free-throws in the last 2 minutes to help give the Grizzlies a seven point victory. Great Job, Matt!



Nicole Long

Girls' Basketball

Senior / Coach: Sean Coste | Parents: Jeff & Karen

Senior, Nicole Long, played very well in games against South Albany and Lincoln over the holiday break. Nicole plays point guard for the grizzlies. She did an excellent job leading the offense, taking care of the ball, breaking down defenses and scoring at the basket. She finished with 13 points in both games. Nicole is beginning to play with a lot of determination and confidence. Keep up the great work.



Nic McDaniel

Boys' Swimming

Senior / Coach: Jason Hafner | Parents: Tim & Marilyn

Nic swam a season best in the 200 free last week in the tri-meet against West Salem and David Douglas. Nic also swam his lifetime best relay split of 52 seconds in the 400 freestyle relay. Nic has had a great 2 weeks of training over the break and is getting stronger each week. His work ethic at practice is a great example to his teammates. Keep up the good work and Go Grizzlies!

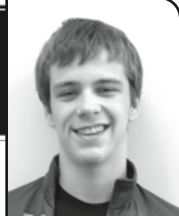


Dalton Donaldson

Wrestling

Senior / Coach: Shawn Keinonen | Parents: Matt & Tiffany

Dalton Donaldson was the champion at 132 pounds in Pendleton. Winning four matches Dalton helped the Grizzlies to a 2nd place team finish. Way to go Dalton!



Rosie Porter

Girls' Swimming

Freshman / Coach: Jason Hafner | Parents: Robert & Margaret

Rosie had a solid meet against West Salem and David Douglas last week. Rosie swam a personal best in the 200 freestyle of 2:09.94. Rosie also anchored the winning 400 freestyle relay which swam their fastest time of the season. What was impressive about that race, was her ability to swim fast while being tired. Great job and Go Grizzlies!



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