

GRIZZLIES

OF THE WEEK



Emily Neel Girls' Swimming

Junior / Coach: Jason Hafner | Parents: Peter & Sherry



Emily had a break out meet at the Rumbaugh Invitational last Saturday in Corvallis. Emily swam a personal best in the prelims of 27.31 in her 50 freestyle to qualify for the championship finals. In finals she finished sixth, again swimming a personal best of 27.22. That time was a full second faster than her lifetime best. Emily also swam a leg of both the 200 and 400 free relay and recorded best times in them as well. Emily works hard and is a leader in her training group. Great job and Go Grizzlies!



Owen Binkerd Boys' Swimming

Sophomore / Coach: Jason Hafner | Parents: Ray & Jessica



Owen had an outstanding meet last Saturday at the Rumbaugh Invitational. In his first season with the Grizzlies, Owen qualified for the championship finals in both the 100 and 50 freestyles. Owen finished 6th in the 50 free and 7th in the 100 free, both in personal bests. Most impressively he again dropped his 100 free time in the last event of the day, leading off the 400 free relay in a personal best of 53.16. Owen has made huge improvements this season due to the hard work he has been doing in practice. Keep up the good work and Go Grizzlies!



Audrey McMillan Girls' Basketball

Sophomore / Coach: Sean Coste | Parents: Dan & Christina

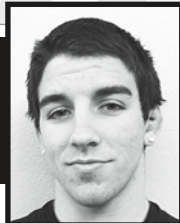


Audrey is a Sophomore this season playing post for our Grizzly Girls basketball team. Audrey is consistently a leader for us in rebounds, points and steals. She plays with great determination and passion and works extremely hard in practice. Audrey has put in a lot of time playing and practicing basketball in the off-season and has developed her shooting, ball handling and overall play. Audrey played excellent last week helping lead our teams to victories over Hillsboro and Century. Keep up the great work Audrey.



Tiger Paasch Wrestling

Senior / Coach: Shawn Keinonen | Parents: Scott & Danielle



Tiger, wrestling at 170 pounds, won the Hillsboro Tournament on Saturday. He wrestled a great finals match against a tough opponent from Thurston and won in overtime 6-4. Way to go!



Alex Israel Boys' Basketball

Senior / Coach: Willie Graham | Parents: Marco & Amy



Senior guard Alex Israel has steadily improved throughout this season. He is one of the Grizzlies best defensive players and he is an excellent leader on and off the court. He was selected by his coaches as a team captain and he has not disappointed. He recorded a season high 10 hustle points in the Grizzlies victory over Hillsboro last week and he played very well in the Grizzlies two point loss to Tualatin. Great Job Alex!

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