

MAC HIGH

athletes of the week



RILEY MCANALLY

Boys' Basketball

Senior / Coach: Willie Graham | Parents: Greg & Julie



Senior wing Riley McAnally has done an outstanding job for the Grizzlies this season. He is one of the team's best and most consistent defensive players and has improved his overall game over the last two seasons. He is among the team leaders in offensive rebounds and he recorded five deflections and a career high 10 hustle points in the Grizzlies victory last Friday over Sprague. Great Job, Riley!



ELIZABETH LOGSDON

Girls' Basketball

Junior / Coach: Sean Coste | Parents: Christopher & April



Junior wing, Elizabeth played well in wins over McKay and Sprague last week. Elizabeth has had to make the tough transition from the post position for the last two seasons to a wing this year, however, last week was a great indication that she is beginning to feel confident in her new role. She scored from the inside and from the perimeter, made plays for her teammates and played excellent defense. Elizabeth has been strong all year defending; reading skip passes, pressuring ball handlers and rebounding the ball. Keep up the great work Elizabeth.



TRISTEN FREY

Boys' Swimming

Junior / Coach: Jason Hafner | Parents: James & Andrea



Tristen had a great week, swimming several personal bests in the boy's win against South Salem and at the Rumbaugh Invitational. Against South Salem Tristen swam a personal best in the 200 freestyle and also the 100 free in his lead off leg of the 400 free relay. Then at the Rumbaugh Invitational, Tristen took another second off in the 100 freestyle placing 15th. Tristen has been training hard and is looking good in the freestyle events. Great job and Go Grizzlies!



ROSIE PORTER

Girls' Swimming

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



Rosie swam an outstanding meet last week in the girls' win against South Salem. Rosie won both the 50 free and 100 fly and also swam legs on the first place 200 medley and 400 freestyle relays. Then at the Rumbaugh Invitational she swam in the championship finals of the 50 free placing 5th and also swam legs on the 3rd place 200 medley and 4th place 400 free relays. Rosie raced hard even though she is tired and sore from training, swimming some very fast times for this point in the season. Keep up the good work and Go Grizzlies!



MANNY HUMLIE

Wrestling

Senior / Coach: Shawn Keinonen | Parents: George & Kelley



Manny Humlie had a great week for the Grizzly wrestling team. Competing at 138/145 pounds Manny beat some top notch competition. He avenged an earlier loss in the season, beat a #1 ranked wrestler and helped his team finish 2nd at the Oregon Wrestling Classic. Way to go Manny!

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