

# MAC HIGH

## athletes of the week



### MICHAEL ABEYTA

#### Boys' Cross Country

Freshman / Coach: Vic Downs | Parents: Casper & Valerie

Michael had a huge race against West Salem and South Salem last week. His time was a 22 second personal best and was key to beating South Salem. Michael is one of the most dedicated runners on the team. He never misses a workout.



### TAYLOR FORD

#### Girls' Cross Country

Senior / Coach: Vic Downs | Parents: Chip & Korey

Taylor had a fantastic race at Joe dancer! She set a personal best over 5k of 22:18 as she finished 5<sup>th</sup> overall. Taylor has improved quite a bit in just a year of running and has done it through hard work! Keep it up, Taylor!

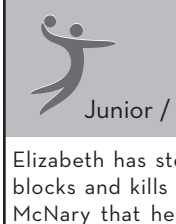


### COLTON HEIDT

#### Football

Senior / Coach: Robin Hill | Parents: Timothy & Nicole

Colton had a number of big plays in the Grizzlies game at South Salem. Colton scored the his first touchdown of the season on an impressive 68 yard catch in which he broke tackles and out ran the Saxon secondary for the score. On defense, Colton recorded a sack had a long run after recovering a fumble that led



### ELIZABETH LOGSDON

#### Volleyball

Junior / Coach: Jennifer Gubrud | Parents: Christopher & April

Elizabeth has stepped up big this season in the middle. She had some big blocks and kills at crucial times in our two matches versus west Salem and McNary that helped open up opportunities for her teammates. Her hard work is paying off. Keep it up Liz!



### SHAY BRISTOW

#### Girls' Soccer

Junior / Coach: Victor Campos | Parents: Ladd & Cindy

Shay has demonstrated a work ethic that any coach would love to have. She broke into the starting line up this year and has done a tremendous job in the back line playing every minute of this season with pride, passion and heart. She is simply one of our toughest girls. She is willing and able to achieve everything she has been asked to do. Way to Go Shay!



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