



MACHIGH

ATHLETES OF THE WEEK



NATE BLACKWELL-MITCHELL BOYS' SWIMMING

Junior | Coach: Jason Hafner | Parents: Ron & Sharon

Nate is looking very strong going into our busiest part of our season! Nate is one of the Grizzly swim team's most dedicated and hardest working as shown by his perfect attendance over break. Not only does Nate show up each day, he also puts in great effort. Nate is already swimming best and near best times at this point of the season and will only continue to get better because of his work ethic. Keep up the good work and Go Grizzlies!



KASSIDY ZINDA GIRLS' SWIMMING

Junior | Coach: Jason Hafner | Parents: Troy & Shelly

Kassidy had a great two weeks of practice over the break! Kassidy has been working hard and pushing herself on a daily basis and also has been a leader in her training group. Because of that hard work she has been swimming at or near her best times at both practices and meets. The Grizzly girls have a tough stretch of meets coming up and Kassidy is ready to swim fast! Great job and Go Grizzlies!



ALIX WILLIAMS GIRLS' BASKETBALL

Sophomore | Coach: Sean Coste | Parents: Dan & Amanda

Alix played very well in our team's recent wins over S. Albany and Gresham. She scored 15 and 14 points respectively and led us in rebounds both nights. Alix has worked hard in developing strong moves around the basket. She has gotten better at working to get good position and finishes well. Alix has become a player we can go to inside with consistent results. Great start to the new season, Alix!



STEVIE RYAN WRESTLING

Sophomore | Coach: Jordan Barich | Parents: Steve & Bethany

Stevie had a 3-2 record and was able to take 4th place at the Canby tournament over Christmas break. This is Stevie's first Top 4 finish of his varsity career. Way to go, Stevie!

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