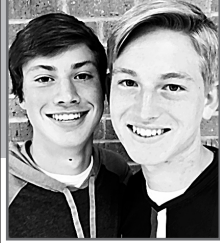




# MACH HIGH

## ATHLETES OF THE WEEK



### NICK CLEVELAND-STOUT / ASHTON WALTERS

#### BOYS' TENNIS DOUBLES

Junior / Junior | Coach: Alex Martin  
Parents: Stuart & Jennifer / Verle & Dawn

During our District tournament, Ashton and Nick won their first match easily 6-0, 6-1 before coming back from a set down against the #1 doubles team from McNary ultimately winning when their opponent could no longer continue (6-7, 6-1, 0-2 ret). This win was big as it helped secure the District Team Championship for the Grizzlies, and also earned them each 2nd Team All-GVC Honors.



### SHAY BRISTOW / AVARI RIDGWAY

#### GIRLS' TENNIS DOUBLES

Senior / Sophomore | Coach: Angelica Huston  
Parents: Ladd & Cindy / Paul & Darci

Senior Shay Bristow and Sophomore Avari Ridgway are the #1 doubles team from McMinnville and were seeded 3rd going into the district tournament on Thursday. They eased through their first two matches and won an incredible match against West Albany 6-1, 6-2 to qualify for State. Shay and Avari placed 3rd in league after a tough match against West Albany on Saturday. These two young ladies exemplify dedication and athleticism. Good luck at State! (Shay Bristow not pictured)



### ASHLEY RHOADS

#### SOFTBALL

Sophomore | Coach: Courtney Seifert | Parents: Carey & Angela

Ashley has hit lead off for us all season long. Her consistency, power, and presence at the plate has been unmatched. Ash plays second base for us and is incredibly steady in the field. Her attitude and demeanor is always unshakable and her performance this season has made her a leader on our team. We appreciate Ash's hard work and 'go with the flow' outlook. She keeps us smiling every week. Keep up the good work, Ash!



### SAM SWENSON

#### BASEBALL

Senior | Coach: Jordan Harlow | Parents: Jim & Robin

Sam, a senior and team captain, has been a large factor for the Grizzlies at the plate, on the mound, and in the field. In league-play alone this year, Swenson is hitting .362 with 17 RBI and 16 runs scored for the Grizz. He has had 4 home runs in the season; no easy task at the Grizzlies' large home park. On the mound, Swenson has been a reliable closer and in the field he boasts a .976 fielding percentage on the year while playing first base. Swenson and the rest of the Grizzlies have powered themselves to a second-place finish in the Greater Valley Conference.



### JAKOB WRIGHT

#### BOYS' GOLF

Sophomore | Coach: Chris Brooker | Parents: Joe & Jeanna

Jakob is a first year golfer for the MHS boys. Even though this is his first year on varsity, he has made our varsity team for every match. Jakob consistently works hard in practice – and the results show. Jakob always is looking for feedback and advice regarding his game with the desire to be the best he can be. Jakob is a team player and we look forward to his growth in the game though the remainder of the season.



### EMMA BEYER

#### GIRLS' GOLF

Junior | Coach: Jeremy Vernon | Parents: Corey & Kathy

Emma is having a great Junior year. She earned a 6th place finish at Districts shooting an 83 and 79, which qualified her for regionals. At regionals she earned 1st place, shooting an 80, and a berth to her third consecutive State Tournament. Emma has worked very hard this year to improve her scores and is peaking at the right time. She has also been a great leader for our younger golfers this year. Great job, Emma!



### JOSE BAUTISTA

#### BOYS' TRACK

Senior | Coach: Vic Downs | Parents: Jose & Martha

At the District Meet, Jose had an amazing series in the triple jump. His best jump of 42'4.5" was a personal best of 2 ½ feet! Unable to compete in the triple jump all season due to an injury, he entered the competition without a mark. Incredibly, his effort in the District Meet was enough to get him into the State Meet. What an amazing meet for this young man!



### ALLY LEGARD

#### GIRLS' TRACK

Senior | Coach: Vic Downs | Parents: Wade & Tina

At the District Meet, Ally ran an outstanding 800m race finishing third in a season best 2:20.18. After that effort, she came back in the 1600m Relay and ran 62.1 for a personal best. Her team ran a season best with a time of 4:09.04 which landed them at third place overall. Ally is an outstanding competitor and one of the most dedicated athletes at MHS.

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