



MACHIGH

ATHLETES OF THE WEEK



JESSE MEDLEY

FOOTBALL

Senior | Coach: Ryan McIrvine | Parent: Holly

Jesse continued his solid play for the Grizzlies vs North Salem with 3 catches for 62 yards along with a fumble recovery. This season Jesse is a starter at receiver as well as defensive back and has served as one of the team leaders. Jesse and the Grizzlies continue to improve on the field each week. Good job Jesse and go Grizzlies!

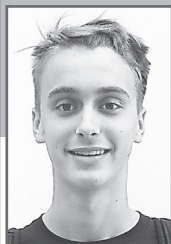


ELIZABETH LOGSDON

VOLLEYBALL

Senior | Coach: Hayden Sweet | Parents: Christopher & April

Elizabeth had 8 kills and 3 blocks against McKay on Thursday. Liz continues to grow as a force in the middle blocker position, adding a fast offensive to our team. She is also big on blocking for us, tallying a few blocks per match. Liz also has an excellent serving percentage and often is behind serving runs our team experiences. She is co-captain for the team and has demonstrated great leadership and commitment to our program this year.



JONAH CROWN

BOYS' SOCCER

Senior | Coach: Jory Shene | Parents: Bob & Dina

Jonah has notched 4 goals so far this season and has had 3 goals in the last 3 games for the Grizzlies. He also has 3 assists to his name – sitting with the highest points (goals + assists) on the team. He helped snag the game-tying goal against Jesuit on Tuesday and snagged the 3rd goal of the game against West Salem on Friday to help the Grizzlies continue their undefeated journey through league. Despite suffering an injury late in the West Salem game, Jonah is expected to be ready to face South Salem on Tuesday and help the Grizzlies snag another 3 points in league play.

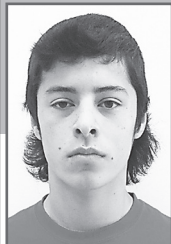


JAZMINE ROJAS

GIRLS' SOCCER

Junior | Coach: Emily Fellows | Parents: Joel & Gabriela

Jazmine has taken a new role this year switching from offense to defense. She has stepped up and taken a huge leadership role in our defense and is always extremely consistent. Not only is Jazmine a very talented defender, she is also a huge threat in the attacking third of the field. We look forward to what the rest of the season will bring!



MICHAEL ABEYTA

BOYS' CROSS COUNTRY

Sophomore | Coach: Vic Downs | Parents: Jasper & Valerie

At the Meriwether National Meet, Michael broke through a major barrier by running under 17 minutes for the very first time. His time of 16:56 is #3 on the team and #9 in the GVC. Michael is a hard racing athlete that always gives it his all on race day.



ALYSSA MORELAND

GIRLS' CROSS COUNTRY

Sophomore | Coach: Vic Downs | Parents: Paul & Carrie

At the Meriwether National Meet, Alyssa finished as our #3 runner in a solid 22:35. It is the second fastest time for her this season, making her one of our most consistent racers. Alyssa keeps working hard every day, making us better as a team.



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