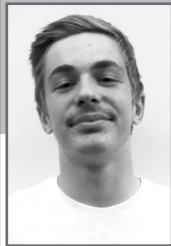




MAC HIGH

ATHLETES OF THE WEEK



ODIN THORSON

FOOTBALL

Sophomore | Coach: Ryan McIrvine | Parents: Gary & Shannon

Odin continues to improve and become more comfortable and as a result his production has increased over the past two games. Against McNary this past week, Odin scored the Grizzlies first touchdown of the game with a 25 yard reception and later had a big reception and run to set up the Grizzlies final score. Great job Odin!



HAYLEY SPARROW

VOLLEYBALL

Senior | Coach: Hayden Sweet | Parents: Dan & Katie

Hayley has really stepped into a defensive role for us in the last few weeks. Hayley is one of those players that can (and will) play most any position on the court. I asked her to play outside in the first set against North Salem on Thursday and she was awesome, getting 3 kills in game one. She has also filled in on the right side when the team needed her. Hayley works hard in practice and continually shows that she deserves court time.



RENEE RESENDEZ

BOYS' SOCCER

Junior | Coach: Jory Shene | Parent: Evelia

Renee Resendez has helped the Grizzlies with limiting opponents to only an average of 4-5 shots per game and even scored during the 4-1 routing of Sprague last Friday. During the last two games, Renee averaged 5 shots per game and is also averaging multiple interceptions, shot blocks, and clearances. Renee is a solid leader from the back and is always ready to learn and help make his teammates better around him.

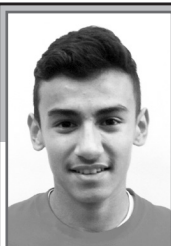


EMELY CAZARES

GIRLS' SOCCER

Freshman | Coach: Emily Fellows | Parents: Alejandro & Leticia

Emely is a freshman this year and started out the season injured. Since she has been back she has made a huge impact on and off the field. She is a very consistent player and always works hard. She is a great asset for our team and we are excited for what the rest of the season will bring. Way to go Emely!

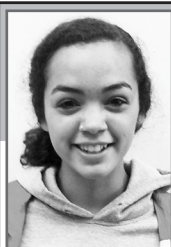


AREL ESPINOZA

BOYS' CROSS COUNTRY

Sophomore | Coach: Vic Downs | Parent: Daniela

Last week, Arel ran in two cross country meets in three days! He was our best runner on Wednesday against West Salem and West Albany and on Friday, he finished as our #4 runner in the Oxford Classic. Arel currently has the 4th fastest time on the team and works hard for every second. He is a great team runner!



BAILEY SANCHEZ

GIRLS' CROSS COUNTRY

Junior | Coach: Vic Downs | Parents: Jeff & Elizabeth

Bailey did something very difficult last week. On a course that runs a little slow and has elevation, she set a new personal record! This is Bailey's first year of cross country and is improving by leaps and bounds. She is a hard working athlete that gives us 100% every day!

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