

MACHIGH

athletes of the week



MATTHEW LONG

Boys' Basketball

Senior / Coach: Willie Graham | Parents: Jeff & Karen



Senior forward Matt Long had three excellent games for the Grizzlies over winter break. He averaged over 20 points and 8 rebounds during that span of games. He was especially impressive in the game against Beaverton scoring 20 points in the first half alone to help keep the Grizzlies within four points at halftime. Matt's passing and rebounding was the key to the Grizzlies second half rally and eventual victory against the Beavers. Great job, Matt!



BECCA NOBLE

Girls' Basketball

Senior / Coach: Sean Coste | Parents: Ron & Susan



Rebecca played very well for us over the holiday break in games against South Albany and Gresham. She helped us get off to a great start against Gresham by hitting the first three of the game, playing great defense, rebounding well (just played a complete game). Rebecca also helped lead the charge in our come-back attempt against South Albany in the second half by hitting a couple threes and playing great defense. Rebecca plays extremely hard and is working to get better every day. Keep up the great work, Rebecca!



MATEO TORRES SOTO

Boys' Swimming

Junior / Coach: Jason Hafner | Parents: Juan & Soto Maritza



Mateo has been training hard this season and over the holiday break he did not miss a practice. His dedication has resulted in him getting stronger, faster, and the best shape of his life. Mateo is dropping time and is competing for Varsity spots in several events. Mateo is ready to compete and help the Grizzlies stay undefeated. Keep up the good work and Go Grizzlies!



JESSICA NOYES

Girls' Swimming

Junior / Coach: Jason Hafner | Parents: Wade & Tina



Jessica is one of my hardest workers, who I can count on to give 100% effort at both practice and meets. After finishing up cross country season, she has quickly gotten into swim shape and is already near her best times. Jessica attended all of our practices over the holiday break and it is that dedication that sets a great example for her teammates. Great job and Go Grizzlies!



BOBBY CROWSTON

Wrestling

Junior / Coach: Shawn Keinonen | Parents: Gene & Jill



Bobby, wrestling at 152 pounds, is having a great season. The junior wrestler is 18-1 on the year. Over the holiday break, Crowston compiled a 10-0 record. Avenging his only loss of the season, winning the rematch 11-3. Keep up the good work, Bob!

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