

# MAC HIGH

## athletes of the week



### JOEY CHAPMAN

#### Boys' Basketball

Senior / Coach: Willie Graham | Parents: Dan & Jennifer

Senior guard Joey Chapman has been one of the Grizzlies most consistent performers this season. He is averaging 9 points per game through the first 12 games of the season and is connecting on nearly 50% of his 3 point attempts. His timely 3 point shots were key in winter break victories over both Dallas and Beaverton. Great Job, Joey!



### KAYLA HEUBERGER

#### Girls' Basketball

Freshman / Coach: Sean Coste | Parents: Ben & Melissa

Freshman, Kayla Heuberger played very well last week in games against North Salem and South Salem. Kayla is becoming more confident in the point guard position. This was most apparent last week as she handled the ball well against pressure, ran the offense, and attacked. She made good decisions at the basket against a very good team in South Salem. Kayla has improved defensively as well; she is a quick on-the-ball defender and gets her hands on lots of passes away from the ball. She has really developed this season at point guard leading our team in the offense and improving her skills at the position. Keep up the great work Kayla.

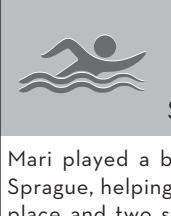


### MICAH STEEVES

#### Boys' Swimming

Junior / Coach: Jason Hafner | Parents: Jason & Nichole

Micah had a break out week of swimming last week, helping the Grizzly boy's stay undefeated for the season. Micah swam three personal bests against Forest Grove last Tuesday. Micah dropped 9 seconds in the 200 free and 20 seconds in the 500 free, placing third in both. Then in the 400 freestyle relay Micah swam a personal best in the 100 freestyle leading off the 400 freestyle relay. Micah worked extremely hard over the break and that work paid off with big time drops. Great job and Go Grizzlies!

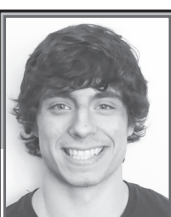


### MARI SATO

#### Girls' Swimming

Sophomore / Coach: Jason Hafner | Parents: Kazutoshi

Mari played a big part in the Grizzly girl's wins against Forest Grove and Sprague, helping keep the girls undefeated for the season. Mari had two first place and two second place finishes for the week in her individual events. Mari also swam legs on four winning relays to top off her week. Mari was not feeling 100% last week and she still raced tough and swam solid times. Mari trains exceptionally hard and pushes her teammates. Keep up the good work and Go Grizzlies!



### ALEX KIESS

#### Wrestling

Senior / Coach: Shawn Keinonen | Parents: Jerry & Kimball

Alex Kiess won all 5 of his dual meet matches this week. He also went 3-1 and placed 2nd at the Hillsboro Invitational. He has a 20-5 record on the year and leads the team in falls. Nice job Alex!



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