

MAC HIGH

athletes of the week

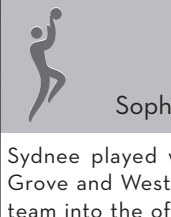


KADE MECHALS

Boys' Basketball

Junior / Coach: Willie Graham | Parents: Kip & Jody

Junior guard Kade Mechals has been a very consistent performer for the Grizzlies this season. Kade has steadily improved throughout the season and is gaining confidence each week. He had an outstanding game against West Salem last week scoring 5 points, dishing out 2 assists and 2 steals. Kade also hit a clutch 4th quarter 3 point shot in the Grizzlies last second victory over West Albany last Friday. Great job Kade!



SYDNEE REESER

Girls' Basketball

Sophomore / Coach: Sean Coste | Parents: Matt & Shannon

Sydnee played well for us last week in competitive games against Forest Grove and West Albany; handling pressure in the backcourt and getting our team into the offense. Sydnee has worked very hard this season developing her ball handling. She is extremely athletic and can really push the ball up the floor, creating pressure on our opponents. Sydnee is an intense competitor, who plays with a lot of passion. Keep working hard, Sydnee!



CRAIG COOPER

Boys' Swimming

Senior / Coach: Jason Hafner | Parents: Steve & Marilyn

Craig was second in the 100 breaststroke swimming a personal best of 1:15.13 last week in the Grizzly boy's win against McKay. Craig has been working hard and has made steady improvement all season. Craig is dedicated, encourages his teammates, and has a positive attitude that is a great example for his teammates. Keep up the good work and Go Grizzlies!



CARLISLE TOPPING

Girls' Swimming

Senior / Coach: Jason Hafner | Parents: Chip & Sid

Last week in the Grizzly girls' win against McKay, Carlisle was second in the 200 IM and won the 100 Fly in a season best time. Carlisle is a co-captain for the girl's and her example of consistently training hard and giving 100 percent effort at both practice and meets, has been important for the success of the team. Carlisle's strongest events are the sprint freestyles, where she is looking strong heading into districts. Great job and Go Grizzlies!



BRIAN BARNES

Wrestling

Sophomore / Coach: Shawn Keinonen | Parents: John & Angie

Brian Barnes, wrestling at 195 pounds, is the #4 ranked wrestler in the state as just a sophomore. Brian has been a consistent part of the wrestling program in Mac for the last 8 years and is carving out quite a name for himself. He is an excellent student as well. Brian will look to improve on his 3rd place finish from last season later this month. Go B!



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