

# MACHIGH

## athletes of the week



### Emily Neel

#### Girls' Swimming

Senior / Coach: Jason Hafner | Parents: Peter & Sherry



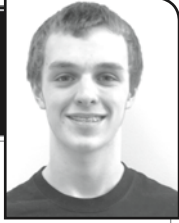
Emily swam a personal best in the 500 freestyle last week in the girl's win against Century. Emily will be competing at districts in the 50 free and 100 fly which she has been right at her personal bests recently. Emily is a steady presence at practice that I can count on to work hard and push her teammates. Keep up the good work and Go Grizzlies!



### Micah Steeves

#### Boys' Swimming

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



Last week in the boy's win against Century, Micah swam his way onto the varsity roster with a lifetime best in the 500 free of 6:06.07. Micah has dropped nearly a minute in that event already this season. Micah works extremely hard at practice often leading his training lane. Great job and Go Grizzlies!



### Montana Gubrud

#### Girls' Basketball

Sophomore / Coach: Sean Coste | Parents: Chris & Jenifer



Sophomore guard, Montana Gubrud has done a very good job for us this season playing point guard an off-guard. She is excellent defensive player on the ball with the ability to apply constant pressure on opposing point guards from end to end. Montana has become a go to outside shooter for us, leading us in three point percentage and can be explosive driving to the basket. Good job Montana; finish the season strong.

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