

MAC HIGH

athletes of the week

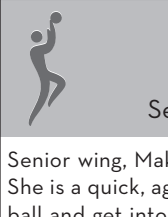


JACOB POWELL

Boys' Basketball

Junior / Coach: Willie Graham | Parents: Mel & Rhonda

Junior post Jacob Powell has done a nice job for the Grizzlies this year. He has averaged nearly 3 deflections and 3 rebounds per game. He is connecting on a team high 55% of his 2 point field goals in 20 games played. He had a clutch 10 point game against Forest Grove earlier in the season. He went a perfect 5 for 5 from the field in this game to help get the Grizzlies the victory in overtime. Great Job, Jacob!



MAKAYLA KHATEWODA

Girls' Basketball

Senior / Coach: Sean Coste | Parent: Sanjaya Khatewoda

Senior wing, Makayla Khatewoda has done a very good job for us this season. She is a quick, aggressive player on defense and has the ability to pressure the ball and get into passing lanes. Makayla works very hard in every practice and game. She understands the offense and works well in it finding teammates and taking good shots. Makayla has been an excellent role model and leader for players in our program. Keep up the great work and finish your senior year strong.

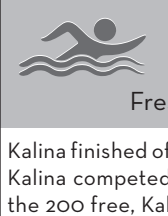


ELLIOT MORRISON

Boys' Swimming

Senior / Coach: Jason Hafner | Parent: Isabelle

Elliot had a tremendous meet last weekend at our conference meet, swimming a personal best in all his events. In the 200 freestyle he took fourth with a time of 1:54.28. That was 6 seconds faster than his best. In the 100 freestyle Elliot took 10th place swimming a time of 51.80. Then in the 400 freestyle relay, he anchored the Grizzlies to a state qualifying time and 4th place finish, swimming his fastest split ever. Good luck at state and Go Grizzlies!



KALINA BUHLER

Girls' Swimming

Freshman / Coach: Jason Hafner | Parents: Terry & Wendy

Kalina finished off her first year for the Grizzlies with some impressive swimming. Kalina competed in two very difficult races and did them exceptionally well. In the 200 free, Kalina dropped 6 seconds from her previous best and then in the 500 free she took off 8 seconds. Kalina started the season swimming JV, and due to her hard work and dedication, was contributing on the varsity level at the end of the season. Great job and Go Grizzlies!



TALON MISHER

Wrestling

Senior / Coach: Shawn Keinonen | Parents: Talon & Kerrina

Talon Mishler wrapped up the league wrestling season with a 7-1 mark. His two falls of his North Salem and McKay opponents helped the Grizzlies win their last two league matches. He enters the league wrestling tournament as the #2 seed at 220 pounds. Way to go Talon!



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