

MACHIGH

athletes of the week



Aspen Nelson

Wrestling

Junior / Coach: Shawn Keinonen | Parents: Billie Jo



Aspen Nelson won the 106 pound weight class at last weeks regional tournament at McNary. Winning the tournament qualifies him for the state meet in two weeks at Memorial Coliseum. Aspen is a tough kid who likes to work hard. Good luck Aspen!

Tristan Versteeg

Boys' Swimming

Senior / Coach: Jason Hafner | Parents: Steven & Jeanne



Tristan swam a solid district meet helping the Grizzly boy's keep their Pacific Conference championship winning streak going. Tristan was first in 100 fly, second in the 100 back, and a member of the championship 200 and 400 free relays. Tristan is looking ready for some fast swims at the state meet this weekend! Tristan is a tough competitor that loves to race! Great job and Go Grizzlies!



Chloe Zinda

Girls' Swimming

Sophomore / Coach: Jason Hafner | Parents: Troy & Shelly



Chloe had an outstanding district meet last Saturday, helping contribute to the Grizzly girl's championship. Chloe led off the state qualifying 200 medley relay with a personal best. Chloe was also a championship finalist in the 200IM and 100 backstroke in which she also swam lifetime bests. Chloe has worked extremely hard this season and it has paid off with fast times. Keep up the good work and Go Grizzlies!



Cameron Fox

Boys' Basketball

Junior / Coach: Willie Graham | Parents: Ryan & Kathy



Junior guard Cameron Fox has been a very consistent performer for the Grizzlies this season. Cameron's play has been especially impressive considering that he missed the first two months of the season while he rehabbed a serious shoulder injury that he has been battling on and off for the last two years. His offensive game is improving every day and he has been one of the Grizzlies best defenders this season. Great job Cameron!



Elizabeth Logsdon

Girls' Basketball

Sophomore / Coach: Sean Coste | Parents: Christopher & April



Elizabeth has played very well all season at the Strong Forward position and had excellent defensive games in wins over Century and Tualatin last week. Elizabeth is a very good shooter, handles the ball well, and has nice moves under the basket. Her greatest strength this season, however, has been her defensive play; She does an excellent job defending the ball with very active hands and does a great job in help position, doubling down or reading a lob and going and getting it. Keep working hard Elizabeth.

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