

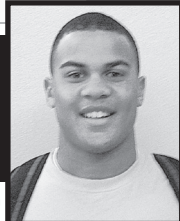
GRIZZLIES

OF THE WEEK



Spencer Payne Boys' Track

Senior / Coach: Vic Downs | Parents: Tim and Andrea



At the Newberg meet, Spencer was a triple winner. Individually, he won the 100 and the 200 and had a hand in the 42.91 clocking by our 400 Relay team. Spencer is certainly making the most out of his season so far. He is #3 sprinter in the league and on the fastest relay team in 11 years!



Lucy Bellville Girls' Track

Junior / Coach: Vic Downs | Parents: Sanjaya & Michelle



Against Newberg, Lucy had an outstanding day. She led the Grizzly Girls to the win over the Tigers by winning both the high jump and the triple jump. She has been very consistent in starting 2013 and should enjoy an awesome year once again. Way to go, Lucy!



Amanda Sullivan Girls' Tennis

Senior / Coach: Angelica Huston | Mike and Kim



Amanda is the only senior on our team of 16 this season. During the summer, she improved her tennis skills tremendously and has become an extremely versatile tennis player. She plays both singles and doubles in our lineup. Amanda also maintains a 4.0 GPA in all advanced classes and is revered by her teachers and peers. She was the clear choice for captain as she leads by example on and off the court. Thank you for your leadership so far this season, Amanda. We'll miss you next year!



Emily Cutler Girls' Golf

Senior / Coach: Ben Heuberger | Parents: Eric and Lisa

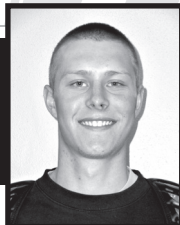


Emily has led our team to 4th and 3rd place finishes at our first two league matches. Emily is a four year varsity golfer who is taking her game to the next level this year. Emily has a goal to make it to state. Keep it up Emily.



Gage Gubrud Baseball

Senior / Coach: Wes Gabrielsen | Parents: Jim & Kathryn



Last week Gage Gubrud had four hits in nine at bats with two walks. In addition he had two runs batted in and two runs scored. On the mound he pitched seven innings striking out six batters and only walking one. Defensively he was a perfect ten for ten at shortstop and anchored our defense. His performance helped guide us to league wins over Newberg and Forest Grove last week.



Cody Thomas Boys' Tennis

Junior / Coach: Darren Bland | Parents: Chris and Jenifer



Cody is having an excellent senior season so far for the Grizzlies. At this point in the season he has an exceptional 5-1 record. Mostly playing at the No. 2 and No. 3 spot in the singles line-up, Cody has faced some tough competition, but has persevered to win some key matches for the Grizzlies. This past week, he won a key match against Tualatin in three sets, which helped lead us to our first victory over the Timberwolves in six seasons. Keep up the great work Cody!

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