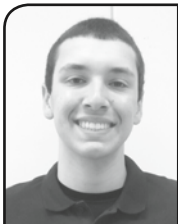


# MACHIGH

## athletes of the week



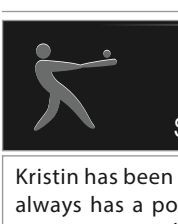
### Travis Allen

#### Baseball

Senior / Coach: Jordon Harlow | Parents: Craig & Teresa



Senior Travis Allen has been an excellent relief pitcher for the Grizzlies this season. Allen has a 2.1 ERA and has given up just 4 earned runs. In a start against rival Newberg last week, Allen threw 5 1/3 innings, giving up only one earned run and striking out 3. In addition to his consistency on the mound, Allen is also a stellar student and is admired by his teammates for his second-to-none work ethic. Look for Allen to be a steady force out of the bullpen for the Grizz and the post-season inches closer.



### Kristin King

#### Softball

Senior / Coach: Courtney Seifert | Parents: Matthew & Lynda



Kristin has been such an enjoyable kid to have in our softball program. She always has a positive attitude and works incredibly hard for herself, her teammates, and her coaches. Kristin has steadily improved each season and earned herself a starting spot in the infield. She is consistent and smart about the game of softball. We will miss her next year. Great job Kristin!



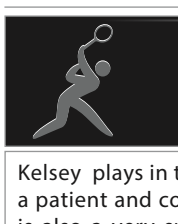
### Ehren Cahill

#### Boys' Tennis

Senior / Coach: Alex Martin | Parents: James & Marie



Ehren has played everywhere I have asked him to play this season. In this past week, he played and lost a tight match at #2 singles against Glencoe, and then won his #4 doubles match against Century by a score of 6-0, 6-0. He has brought tremendous leadership to our team this year, and always cheers people up with his smile and charisma. Ehren has also committed this week to attend Linfield College next year, so all in all, it's been a pretty great week for Ehren.



### Kelsey Allen

#### Girls' Tennis

Junior / Coach: Angelica Houston | Parents: Craig & Teresa



Kelsey plays in the number two singles position for the Grizzlies. Kelsey is a patient and consistent and this makes her a great singles player. Kelsey is also a very smart tennis player. She plans out her points in advance and moves her opponents to gain an advantage. Her skills at the net have also improved tremendously. This season, Kelsey has been an integral part of the tennis team. Thank you for all your hard work and dedication Kelsey! Good luck at districts!



### Kaela Worden

#### Girls' Golf

Sophomore / Coach: Jeremy Vernon | Parents: Dwayne & Kari



Kaela has done a great job this year. Kaela has been putting in a lot of hard work and has been very consistent for the varsity team. She is a great teammate and she has a bright future in golf. Congratulations Kaela!

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