

# MACHIGH

## athletes of the week



### Ellie Solem

#### Volleyball

Junior / Coach: Ben Patterson | Parents: Mike & Tera



Ellie has demonstrated marked improvement this season, especially as a hitter. She consistently kills the ball and has become a viable weapon on offense. She provides our team with another player who can bring a big hit and swing momentum in our direction. She also contributes as a setter and is vocal and enthusiastic in that role. We continue to look forward to big things from Ellie for the remainder of her career at MHS.



### Makenzy Wright

#### Girls' Soccer

Senior / Coach: Adam Howard | Parents: Jeff & Jamie



Makenzy is a center midfielder for our soccer team. At that position she has done a terrific job of being a distributor all over the field. In the Forest Grove game last week Makenzy made several great plays throughout that helped lead us to victory. This past offseason Makenzy put a lot of time and effort into developing her game and taking it to another level, all that hard work has helped for a successful senior season. Great job Makenzy!



### Garret Adams

#### Football

Senior / Coach: Robin Hill | Parents: Gregg & Heather



Garret, a three year Varsity contributor helped led the Grizzlies to a 47-7 homecoming victory over the Hillsboro Spartans. Garret is a starter at linebacker and a leader of the Grizzly defense, He helped the Grizzly "D" force 4 turnovers and hold Hillsboro to a total of 40 yards rushing for the game. As a starter on the offensive line, Garret helped the Grizzlies rush for over 240 yards of offense. Great job Garret!



### Moises Dias

#### Boys' Soccer

Senior / Coach: Jory Shene | Parents: Moises & Martha



This past week, Moi has scored 3 goals (1 against win vs. Newberg and 2 against win vs. Forest Grove). The McMinnville captain has worked hard to keep McMinnville Boys soccer on top of the table in the race for the Pacific Conference 2013 Championship. He is the grizzlies leading scorer with 8 goals and 5 assists on the season.



### Liam McKeegan

#### Boys' Cross Country

Junior / Coach: Vic Downs | Parents: John & Theresa



At the Harrier Classic, Liam ran a personal best over 5000 meters to finish as our #1 runner on the day. He had a great finish to his race and helped the Grizzlies finish 12th overall despite the fact that we were without most of our Varsity team. Great leadership, Liam!



### Paige Benner

#### Girls' Cross Country

Sophomore / Coach: Vic Downs | Parents: Carson & Georgine



This first year runner finished the day with the fourth fastest race of all the Grizzly girls. Despite running in a slower race early in the day, Paige overcame this and ran with guts. Nice job of running hard when it counts,

Paige!

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