

# MACHIGH

## athletes of the week



### JASON KIFF

#### Boys' Cross Country

Junior / Coach: Vic Downs | Parents: Joel & Laurie



At the Flat & Fast Invite, Jason broke the 18 minute barrier for the first time and helped the boys win the team title! Jason has worked hard all season and is one of our most dedicated runners. Congratulations on a great performance, Jason!



### ALYSSA MORELAND

#### Girls' Cross Country

Freshman / Coach: Vic Downs | Parents: Paul & Carrie



At the dual meet against North Salem and Sprague, Alyssa had an amazing race! She broke the 23 minute barrier, set a personal record of 17 seconds, and finished 4th overall! She has really stepped it up the last two weeks and with the District Meet coming up, she is ready for a big finish to the season!



### JESSE MEDLEY

#### Football

Junior / Coach: Robin Hill | Parents: Holly & Curt



Jesse had a big game for the Grizzlies Friday night versus McNary, gaining 128 yards on 3 catches and scoring a touchdown. Also a starter on defense, Jesse has improved each week and has shown a great amount of sacrifice in learning new positions this year. Great Job Jesse!



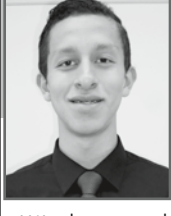
### MONTANNA GUBRUD

#### Volleyball

Junior / Coach: Jenifer Gubrud | Parents: Chris & Jenifer



Montanna is a gifted athlete and a fierce competitor. As the setter she runs the offense with amazing speed and focus. She leads the team in assists and is one of our strongest defenders and servers as well. Montanna gets to balls and makes great sets out of almost every pass, and at only 5'5" she can get up and block the strongest of hitters. Montanna is dependable, consistent, and plays hard every time she steps on the court. Keep up the hard work Montanna!



### JOSE BAUTISTA

#### Boys' Soccer

Junior / Coach: Jory Shene | Parents: Jose & Martha



Jose scored the eventual game winner against Sprague high school. His shot was a 60 yard firecracker that fell just under the cross bar. Besides the goal, Jose has anchored the defense with outstanding play and leadership. His attitude, on and off the field, is one of his biggest strengths. He consistently is trying to help make his team better. Way to go, Jose!



### HAILEY SAHAGUN

#### Girls' Soccer

Senior / Coach: Victor Campos | Parents: Donald & Gina



Hailey has worked very hard all season and plays every game with so much energy. It's very hard to find a player that plays that hard with so much pride and the team is just thankful she is on our side. She notched her first goal of the season scoring a very much needed goal against Sprague on Friday. Hailey gives the team the intangibles that a team needs, thank you Hailey and keep providing the energy and pride for our soccer family.

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