

MACHIGH

athletes of the week



BLAKE INGRAM

Boys' Cross Country

Junior / Coach: Vic Downs | Parents: Jeff & Cheryl



At the Sandalie Invitational, Blake had an amazing run! He ran a personal record time of 17:48 for 5000 meters which is the 5th best time on the team! Over the last year, Blake has improved more than a minute- all due to hard work and smart racing!



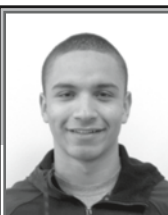
JESSICA NOYES

Girls' Cross Country

Junior / Coach: Vic Downs | Parents: Wade & Tina



At Sandalie, Jessica set an all-time best for her with a time of 22:02. This was a 48 second personal best! Just when we needed her to step it up, she did. The girls are looking toward a great district meet and Jessica is a big part of our plan! Way to race hard, Jessica!



CERVANDO MEDINA

Football

Senior / Coach: Robin Hill | Parents: Florentino & Rosa



Cervando has shown a tremendous work ethic and attitude this year. Cervando's consistent effort in practice has been noticed by his coaches and his teammates. Against West Albany, Cervando was the Grizzlies leading rusher and scored a touchdown. Great job Cervando!



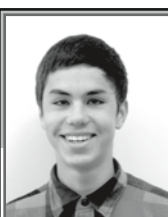
BRITTNEY FREEMAN

Volleyball

Junior / Coach: Jenifer Gubrud | Parents: Randall & Heather



Brittney played her best volleyball last week. She had a good attitude and stayed focused on closing blocks for her team in two very difficult matches. In addition she has been putting in a lot of work to improve her skills as a middle blocker, one of the most difficult positions on the court, and it shows. Great work Britt! Keep it up!



CAMERON AUTENCIO

Boys' Soccer

Freshman / Coach: Jory Shene | Parents: Jeff & Wendy



Cameron scored 2 goals as well as had 2 assists in wins vs. North Salem and McNary. He has started every game as a freshman this year and is tied for 2nd leading scorer on the team with 4 goals. He constantly has a work rate that is unmatched and will continue to snag goals this season and the next 3 to come. Keep up the good work Cameron!



MEAGAN GRASLEY

Girls' Soccer

Senior / Coach: Victor Campos | Parents: Andrew & Christine



Meagan has demonstrated leadership through her hard work and determination. She is one of the hardest workers, she simply gets it done to the best of her ability and goes 100% every day at practice and game days. Meagan is the player nobody wants to play against due to her pride and work rate on the defensive end. Meagan is one of four captains this year and has been a big part of our strong defense this year. Thank you for your hard work, Meagan.

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