

# MACHIGH

## athletes of the week



### ZANE STELLFLUG

#### Boys' Basketball

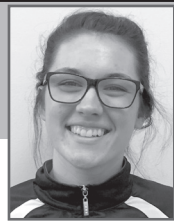
Senior / Coach: Willie Graham | Parents: Jerry & Lisa

Senior wing Zane Stellflug had an incredible performance in McMinnville's home victory against Woodburn last week. Zane connected on 8 of 10 three-point attempts and made 2 of 3 free-throws for a career high 26 points. His eight 3-pointers made in a game are tied for 3rd most in school history with Jeremy Vernon in 1994. He trails only Jeff Fredricks with 10 made 3's in 2005 and Corey Rich with 9 made 3's in 1989. Great job Zane!

### BRITTNEY FREEMAN

#### Girls' Basketball

Junior / Coach: Sean Coste | Parents: Randy & Heather



Brittney played very consistent last week in wins over Madison and Wilsonville, with 15 and 16 points respectively, was a leading rebounder and worked very hard on the defensive end. Brittney is getting better and better in the paint; she is developing better patience, plays with lots of determination and is developing a number of go to, strong moves. Brittney is an excellent worker in practice which is why she continues to improve. We look forward to watching her develop over the season. Keep up the great work.



### OWEN BINKERD

#### Boys' Swimming

Senior / Coach: Jason Hafner | Parents: Ray & Jessica

Owen help lead the Grizzly boy's to their win over Newberg last week, placing first in both the 50 and 100 freestyles. Owen also anchored the first place 200 medley relay and swam a leg of the 200 freestyle relay which tied the Tigers for first. Owen has been training hard and is already swimming at a very high level. Owen is showing consistency in his freestyle events and with his training. Keep up the good work and Go Grizzlies!

### CHLOE ZINDA

#### Girls' Swimming

Junior / Coach: Jason Hafner | Parents: Troy & Shelly



Chloe swam an outstanding meet in the Grizzly girl's win against Newberg last week. Chloe was second in the 50 freestyle and won the 100 backstroke. Chloe also swam a leg on the first place 200 medley and 400 freestyle relays. Chloe is swimming at or near her personal bests already this season due to her hard work at practice. That work ethic and her ability to give 100 percent effort at both practice and meets is a great example for her teammates. Great job and Go Grizzlies!



### ASPEN NELSON

#### Wrestling

Senior / Coach: Shawn Keinonen | Parents: Billie Jo Nelson

Aspen wrestling at 120 pounds has started the season 8-0. He was 2-0 at the David Douglas Invite and won the Oregon City tournament with 5 impressive victories. In the finals of that tournament he knocked off the returning 3rd place finisher from his state tournament bracket, (last year). He also recorded a fall for the grizzlies last Thursday night helping them beat West Salem 63-6. Way to go Aspen!

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