



MAC HIGH

ATHLETES OF THE WEEK



ISAIAH COSTE

BOYS' BASKETBALL

Junior | Coach: Willie Graham | Parents: Sean & Sarah

Junior point guard Isaiah Coste has been steadily improving throughout this season. In games last week against West Albany and Forest Grove he averaged 14 points, 4 rebounds, 2 steals and 2 assists. He was especially impressive in our game against Forest Grove, scoring 18 points on 9 of 10 shooting from the field. Isaiah has steadily gained confidence throughout the season, while his calm demeanor and consistent attitude have made him one of our team leaders. Great job, Isaiah!



DELANEY CHAUFY

GIRLS' BASKETBALL

Junior | Coach: Sean Coste | Parents: Eric & Sara

Delaney played well last week in our game with North Salem; executing offense, defending and knocking down shots. She has been one of our most consistent outside shooters this season. Delaney worked hard in the off-season; her extra time in the gym has helped her develop into a deep outside threat and improved ball handler. Delaney is very intelligent in our offense. She is having a very good Junior year. Keep up the great work, Delaney!



JESSICA NOYES

GIRLS' SWIMMING

Senior | Coach: Jason Hafner | Parents: B. Wade & Tina

Jessica finished up the dual meet season helping the Grizzly girls' to a win over McNary, swimming to a second place finish in the 100 free and 3rd in the 50 free. Jessica also swam legs on the 1st place 200 medley and 400 freestyle relays. Jessica works extremely hard, is dedicated, and a great teammate. Jessica will be competing in the 100 freestyle and 100 breaststroke at Districts this weekend where the girls' look to defend their district title. Keep up the good work and Go Grizzlies!



SAM SWENSON

BOYS' SWIMMING

Senior | Coach: Jason Hafner | Parents: Jim & Robin

Sam is looking strong going into districts this weekend. Last week in the boys' win against McNary he was a double winner, swimming to wins in the 100 fly and 100 backstroke. The Grizzlies finished the dual meet season undefeated and Sam's leadership in and out of the pool was a big part of that success. Sam will be competing in the sprint freestyles this weekend as the Grizzlies look to defend their conference championship. Great job and Go Grizzlies!



BOBBY CROWSTON

WRESTLING

Senior | Coach: Jordan Barich | Parents: Gene & Jill

Thursday night in our league duals, Bobby went 2-0 with two falls. On Friday and Saturday at the Clackamas Tournament, he went 4-0 and won the 152 lb. weight class. Keep up the great work, Bobby!

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