

2025 Fall Athlete of the Week

All-State / All-League Players are sponsored by [Tyler Volk, State Farm insurance](#). Thank you to our amazing sponsor!

Week of 11/25/2025

ALL-STATE TOURNAMENT TEAMS: (No information on girls' soccer or football yet)

VOLLEYBALL:

MVP- Kaitlyn Waters (OH), SR

1st Team- Macey Shamblin (MB), SR

ALL LEAGUE TEAMS:

Football:

Offense

Mason Gassaway- 2nd Team QB

Adin Spuler- First Team Flex

Braylon Comfort- 1st Team WR

Hudson Somes- 2nd Team RB

Ben Bak- 2nd Team OL

Defense

Colton Newman - 1st Team Flex

Ben Bak- 2nd Team DL

Hudson Somes- 2nd Team LB

Adin Spuler- 2nd Team DB

Special Teams:

Alex Bowman-Boast- 1st Team Kicker

Braylon Comfort- 1st Team -Returner

Volleyball:

Coach of Year- Dave Whitehead

Co-MVP- Kaitlyn Waters

1stTeam- Macey Shamblin

1st Team- Chlarice Carey

1st Team- Lauren Matthews

Cross Country:

1st Team- Eli Vlietstra

1st Team- Oli Boone

1st Team- Madeline Robertson

1st Team- Alina Ithomitis

Girls Soccer:

1st Team- Claire Wichman

1st Team- Rylie Rettedal

1st Team- Julianna Pope

1st Team- Abbie Strandy

1st Team- Chloe Strandy

2nd Team- Paityn Kyle

2nd Team- Hannah Fish

Athletes of the week are sponsored by [Winston Center](#). Thank you to our amazing sponsor!

Week of 11/17/2025

Core Value –Character

Highlighted HS Varsity Volleyball Athlete of the Week:

Kelsey Bell, Poly Getman, Camille Greenup

The coach would like to highlight his three freshmen as the players of the week. All three of them showed tremendous character throughout the season and helped the team play the best volleyball at the end of the year. Thank you, Kelsey, Poly and Camille!

Highlighted HS Varsity Football Athlete of the Week:

Aiden Indahl

Aiden has consistently exhibited his character with his team. Just this weekend, after our tough playoff loss to Napavine where he played a full game and sustained a shoulder injury, he stayed behind and cleaned the locker room for the other school.

Highlighted HS Girls Soccer Athlete of the Week:

Jordan Hatfield

Jordan demonstrated exceptional character every day in training and in games. Even when things didn't go her way, she always maintained a positive attitude and lifted up the people around her. I never once heard her complain,

and I don't believe she ever missed a training session. She brought energy and enthusiasm to every practice. We could not have achieved the success we had this year without her. Her character was unmistakable, she consistently did the right thing, even when no one was watching.

Highlighted Cheer Athlete of the Week:

Allie Lease

Allie has been fun and is ready to dive in and learn something new. From first day at tryouts to now. She continues to show her potential and makes others laugh. Keep pushing forward Allie as you continue to grow.

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Lily Covey

Lily has shown amazing character with her leadership, kindness and willingness to support or do whatever is needed! Lily has checked in with players to see how they are doing, encouraged them on and off the sidelines and has been willing to do whatever is needed by the coaches! We feel very lucky to have Lily on the team!

Highlighted JH JV Girls Basketball Athlete of the Week:

Ella Wilkinson

Ella's character these past few weeks has shined greatly! Ella's eagerness to improve her basketball skills independently and as a team shows every game and practice! She asks questions, takes suggestions and works hard to make those suggestions in the next play! Ella is a great encourager, teammate and valued player on our team!

Athletes of the week are sponsored by [Pounder's Jewelry](#). Thank you to our amazing sponsor!

Week of 11/10/2025

Core Value –Perseverance

Highlighted HS Varsity Volleyball Athlete of the Week:

Esther MacPherson

Although Esther has not been able to practice until Saturday, she has been at every practice being very supportive, and she's persevered through this whole thing. Now she gets to go and play for us at state!

Highlighted HS Varsity Football Athlete of the Week:

Jackson Freeze

Jackson has worked hard over the last 4 years for us in the weight room and on the practice field! Jackson made huge blocks and big plays on defense in our playoff win over LRS last week to help us get back into the state tournament!

Highlighted HS Girls Soccer Athlete of the Week:

Josie Stelly

Josie began the season on the JV team and has shown consistent improvement each week. Last week against Freeman, she had her best performance yet — now as a member of the varsity team. Her hard work and dedication continue to pay off as she earns more playing time with the varsity squad.

Highlighted Boys HS Cross Country Athlete of the Week:

Eli Vlietstra

Eli demonstrated perseverance throughout summer training and the season. He committed himself to hard work and encouraged his teammates to do the same. Moving past a possible injury, he proceeded to train diligently and focused on going to State with his teammates. He finished 3rd in the State race by running smart and led his teammates to a 6th place finish. Congratulations on a great season, Eli!

Highlighted Girls HS Cross Country Athlete of the Week:

Kaiya Blandi

Kaiya started the season with an injury and needed to heal and cross-train before returning to racing. She was diligent and persevered even though it was discouraging and frustrating. She and her team qualified for State for the first time since 2017 and finished in the top half of the team race. Congratulations on a great senior season, Kaiya!

Highlighted Cheer Athlete of the Week:

Katie Claycomb

Katie has continued to push through life's obstacles. She strives not only to learn new material but to also catch up on things she might have missed. Keep up the good work and reflect your kindness to all.

Athletes of the week are sponsored by [Bizamatics](#). Thank you to our amazing sponsor!

Week of 11/2/2025

Core Value – Encouragement

Highlighted HS Varsity Volleyball Athlete of the Week:

Lauren Mathews

Lauren is the varsity volleyball player of the week. She is always upbeat! Lauren is always lifting people up and does a great job of celebrating with everyone

Highlighted HS Varsity Football Athlete of the Week:

Noah Johns

Noah has been a great encouragement to all his teammates. His attitude and smile make everyone around him in a better mood. He has also stepped into a starting position on the offensive line that has given up no sacks the past 3 games!

Highlighted HS Girls Soccer Athlete of the Week:

Maddy Bell

Maddy is a consistent source of encouragement other than our team. She is always positive and helps lift the spirits of others when things are not going the way they want.

Highlighted Boys HS Cross Country Athlete of the Week:

Cody Manuel

Cody has shown enthusiasm and encouragement throughout the season. He always comes to a workout with a positive spirit and gives his best, pushing his teammates as well. He has improved in all aspects of racing and working out in his freshman season of cross country and he is our top freshman and first alternate runner for State. Way to go, Cody!

Highlighted Girls HS Cross Country Athlete of the Week:

Madeline Robertson

Madeline not only appreciates encouragement from others, but she likes to give it to her teammates as well. She strives to say encouraging things and cheers on her teammates as they finish their races and workouts. Madeline is a great teammate and we appreciate her! Have a great team race at State, Madeline!

Highlighted Cheer Athlete of the Week:

Marley Roberts

Marley has been the kind sweet girl that can walk into any room and light it up with her smile. As she continues to learn, she still pushes others around her and encourages them with enthusiasm. Keep thriving Marley you are true blessing.

Highlighted JH Football Athlete of the Week:

Entire JH Football Team

The JH football highlight is not just 1 player but the entire team. The entire team was so encouraging to each other. Pushing their team mates to get better and play as a family. Congratulations on a great season!

Athletes of the week are sponsored by Phil and Ruth Isaak. Thank you to our amazing sponsor!

Week of 10/27/2025

Core Value – Leadership

Highlighted HS Varsity Volleyball Athlete of the Week:

London McLain

London has been a leader all year leading on and off the court. This past week, London scored the winning point in our second match and played amazing defense up in Chewelah. Most of all, London is very supportive of all things on and off, the court for our team

Highlighted HS Varsity Football Athlete of the Week:

Adin Spuler

Adin had 3 touchdowns this week. He has led the team all year stepping in to do whatever the team needs done in order to win.

Highlighted HS JV Football Athlete of the Week:

Ryder Harmon

Ryder has shown great leadership through his consistent play and contributions to our team. He is steady and hardworking! We are really looking forward to watching Ryder grow and develop over the next few years!

Highlighted HS Girls Soccer Athlete of the Week:

Abbie Strandy, Kendall Bevan, Paityn Kyle, Claire Wichman, Rylie Rettedal

The girls' soccer captains showed great leadership this week, emphasizing positive culture and growth and leading their team in prayer. I am thankful for the strong leadership of our captains: Abbie Strandy, Kendall Bevan, Paityn Kyle, Claire Wichman, and Rylie Rettedal.

Highlighted HS JV Girls Soccer Athlete of the Week:

Josie Stelly

Josie has worked hard on setting the tone for our team every day. Whether it is in practice, stepping up to play keeper when ours gets injured, or during a tough game, she leads by example. Her effort is consistent, her attitude is contagious

Highlighted Boys HS Cross Country Athlete of the Week:

Ezra Armstrong

Ezra has shown leadership throughout the season in big and small ways. He leads calmly and with intention by staying focused on his goals for himself and the team. He strives to “do the right things” and promotes this with his teammates. We appreciate you, Ezra!

Highlighted Girls HS Cross Country Athlete of the Week:

Allie Robertson

Allie shows her leadership by example and encouragement. As a senior, she is a vital part of our team and helps her teammates learn the sport and race smart. Thanks for all you do for us, Allie!

Highlighted Cheer Athlete of the Week:

Katie Hohenstreet

Katie, as a captain, has grown and pushed through challenges. She has displayed great leadership, kindness, and passion for all. Keep smiling and keep growing, Katie!

Highlighted JH Football Athlete of the Week:

Silas Wibel

Silas is a great leader. Every practice and every game, all the coaches can hear Silas leading and encouraging his team mates to give their all!

Athletes of the week are sponsored by [West Economics, Inc.](#) Thank you to our amazing sponsor!

Week of 10/21/2025

Core Value – Learning/Growth

Highlighted HS Varsity Volleyball Athlete of the Week:

Kaitlyn Waters

Kaitlyn Waters is our player of the week who helped lead us to 3 wins this week. Kaitlyn led us in Kills, with 25, and Digs, 30, and was a leader on and off the court during the week.

Highlighted HS JV Volleyball Athlete of the Week:

Harper Davis

Harper is constantly learning and growing as a volleyball player, always eager to improve her skills and take feedback from her coaches. Her dedication to getting better each day shows how much she cares about her team and the sport.

Highlighted HS C Volleyball Athlete of the Week:

Hannah Roth

Hannah has grown so much! It has been amazing to see the ways that her skills have grown over the season. I have loved watching her determination to get better and seeing the ways that she encourages her teammates to desire the same! She has been such a ray of sunshine on the team!

Highlighted HS Varsity Football Athlete of the Week:

Logan Lindsey

Logan has grown tremendously as an offensive lineman this season, helping our offense this week! He gave up ZERO sacks in a 48-0 win over LRS!

Highlighted HS JV Football Athlete of the Week:

Juriah Peters

Juriah is a joy to coach and has grown tremendously as a football player. He consistently knows what to do, has a good attitude, and is a tough player. The coaches are really looking forward to seeing Juriah grow and develop over the next 3 years. Great Job Juriah!

Highlighted HS Girls Soccer Athlete of the Week:

Sophie Koutecky

Sophie demonstrates a willingness to learn and grow every day in training. She consistently asks how to do things better and to understand why we do things a certain way. From where she started to where she is now, is crazy how far she has come in such a short time.

Highlighted HS JV Girls Soccer Athlete of the Week:

Payton Smith

Payton approaches every practice and game as an opportunity to learn, she is always open to feedback, eager to improve, and never afraid to step outside her comfort zone. Her mindset shows that true success comes from embracing challenges and growing through them.

Highlighted Boys HS Cross Country Athlete of the Week:

Chase Schumacher

Chase joined the team a couple weeks after our first practice, so he knew he would have ground to make up on the fitness side. The high school race is twice as long as the Junior High race and that was an adjustment as well. He worked hard, dealt with knee pain, and finished the season strong last Friday with a solid effort in Friday's race. Chase, we enjoyed having you on the team and seeing you grow!

Highlighted Girls HS Cross Country Athlete of the Week:

Alina Ithomititis

Alina is a freshman who is adjusting to high school cross country very well. She has continued to improve in her running and racing skills as she set a new personal best in Friday's meet by knocking over 2 minutes off her first race! Way to go, Alina, keep up the great work!!

Highlighted Cheer Athlete of the Week:

Leora Bain

Leora, as a new member of NWC, watching her from day one to now, she has grown and continues to grow. Shy but mighty. Keep it up Leora... can't wait to see you continue to learn and grow. Let's see a basket in the future!

Kaitlyn Waters

Kaitlyn has continued to surprise me with her dedication to be part of cheer. She is an all-around athlete and even with her busy schedule, she has pushed her limits and continues to shine. You have been such a great role model to all and showing anything is possible with dedication

Highlighted JH Varsity Volleyball Athlete of the Week:

Reagan Zimmerman

Reagan is an asset to the varsity team in many ways. She has grown as a skilled player but also as a leader to her team. Learning and growing in her skills as a captain on how to encourage and bring her team together during tough moments on and off the court has highlighted her maturity and leadership qualities.

Highlighted JH JV Volleyball Athlete of the Week:

Melody Wyrick

Melody is always willing to learn how to better herself as a teammate and player. She has grown so much in her skills this season and was trusted as a front row player to get those attacks and blocks at the net. She is such a value to her team!

Highlighted JH C Volleyball Athlete of the Week:

Paige Stegman

Paige has grown so much with this season being her first introduction to volleyball. She always has a positive attitude learning new skills! She applies everything she learns during practice to help her teammates feel confident and to get those aces from her awesome serves during games.

Highlighted JH Football Athlete of the Week:

Parker Amistoso

This is Parker's first year playing football. The amount of information he has taken in is astounding. He is always wanting to learn and grow as an athlete and football player.

Week of 10/13/2025

Core Value – Respect

Highlighted HS Varsity Volleyball Athlete of the Week:

Macey Shamblin

Macey helped lead us to an undefeated week. She had 8 blocks against Davenport along with 10 kills. She also was instrumental in leading us on and off the court, gaining the respect of her teammates and other volleyball teams.

Highlighted HS JV Volleyball Athlete of the Week:

Hollis Baker

Hollis consistently shows respect by listening to her coaches, supporting her teammates, and treating everyone with kindness. Her positive attitude and sportsmanship make her a role model both on and off the court.

Highlighted HS C Volleyball Athlete of the Week:

Selah Boone

Selah truly is such a reliable player! Regardless of where she is on the court, she steps into each role with complete grace, joy, and confidence! She respects us

as coaches but also respects all the girls around her! It is truly such a beautiful quality she has.

Highlighted HS Varsity Football Athlete of the Week:

Aiden Indahl

Aiden is very humble and coachable and has been a great lynchpin for our defense at the linebacker position. He helped lead our defense with 2 sacks in our victory over Kettle Falls.

Highlighted HS JV Football Athlete of the Week:

Nakoa Rocha

Nakoa is an awesome young man who is respectful and works very hard! It has been great to see Nakoa grow as a football player and young man this year.

Highlighted HS Girls Soccer Athlete of the Week:

Jordan Hatfield

Jordan demonstrates respect every day during training to both coaches as well as her teammates. She is always on time or sends messages to let us know if she will be late. She speaks nicely to everyone. She will listen actively without interruption.

Highlighted HS JV Girls Soccer Athlete of the Week:

Mikayla Rainbow

Mikayla is a respectful, confident and strong young woman who leads with respect both on and off the field. She uplifts her teammates, honors her coaches and opponents, and plays the game with integrity and heart.

Highlighted Boys HS Cross Country Athlete of the Week:

Jackson Duff

Jack is a quiet leader on our team. He treats coaches and fellow athletes with respect and consideration for their needs and expectations. We are blessed to have him as a teammate!

Highlighted Girls HS Cross Country Athlete of the Week:

Kaiya Blandi

We appreciate Kaiya and her respect and care for her team. Although she has had to deal with injury this season, she communicates well about it. She also helps the team with organization and neatness. We appreciate you, Kaiya!

Highlighted Cheer Athlete of the Week:

Bellincia Blair

Bellincia has grown and has shown tremendous respect not just to coaches but to her cheer team as well. As a stunt leader, she has learned more about safety and helps all stunts stay safe. She fills the room with smiles and builds others up.

Highlighted JH Cross Country Athlete of the Week:

Aaron Hurst

Aaron shows respect by showing up to practice every day ready to run and give his full effort, demonstrating commitment and dedication to improving. He also models respect for his teammates and coaches through his positive attitude, willingness to listen, and encouragement of others, making him a great example of what it means to honor the sport and those around him.

Ethan Henline

Ethan always comes to practice, prepared to work hard; he never complains and is always very respectful to his coaches and his teammates. Ethan is supportive of others and has been a pleasure to coach. We look forward to watching him compete this Friday at the all-league championships. Great job, Ethan!

Highlighted JH Varsity Volleyball Athlete of the Week:

Sophie Hoeksema

Sophie embodies respect not only for her teammates and coaches, but also for the game of volleyball too!

She consistently encourages her teammates and has a respectful attitude. She respects the needs of the team and willingly stepped into a position that was not her first choice. She has excelled in this position, and it has been a joy to have her on the team!

Highlighted JH JV Volleyball Athlete of the Week:

Kinsley Downey

Kinsley is gentle and fierce. She respects her teammates by giving her best on the court and cheering others on while they are on the bench. She remains focused in games and doesn't let the little things get to her, which helps keep the team strong.

Highlighted JH C Volleyball Athlete of the Week:

Ashley Johns

Ashley embodies the word of respect in every way. She has a calm and respectful voice for the C team and helps her teammates by encouraging them and never giving up. Ashley shows up and gives it all!

Highlighted JH Football Athlete of the Week:

Gabe Smock

The JH football player that shows the most respect is Gabe Smock. He is respectful in many ways. Half the time football is a game of listening and he always is. Showing respect to the coach that is talking with. Having respect for all his teammates and the other team's players.

Week of 10/6/2025

Core Value – Service/Spiritual Leadership

Athletes of the week are sponsored by [Infinity Roofing](#). Thank you to our amazing sponsor!

Highlighted HS Varsity Volleyball Athlete of the Week:

Esther MacPherson

Esther is a leader on and off the court caring for others and leading us in a positive manner. She also had 8 digs and served 92%.

Highlighted HS JV Volleyball Athlete of the Week:

Flora De Donato

Flora demonstrates service and spiritual leadership by encouraging her teammates, showing kindness, and leading with faith and compassion. Her positive spirit and kind example inspire others to play with purpose and gratitude.

Highlighted HS C Volleyball Athlete of the Week:

Kinsley Hagel

Kinsley is such an incredible servant leader for our team! As one of our captains, she seeks to lead the team not just on the court but also outside of the volleyball gym. She is grounded in joy and love that outpours onto her teammates. I have loved being her coach and seeing the servant leadership she offers.

Highlighted HS Varsity Football Athlete of the Week:

Luke DelPizzo

Luke has been a servant for the program all season long. With injured teammates, Luke has had to move around the field and fill in wherever needed. Luke has done a great job for us - springing holes and blocking from the tight end spot for the offense!

Highlighted HS JV Football Athlete of the Week:

Callen Gallagher

Callan has served the team without complaint in many different areas. Callan competes hard and is a leader on our team but always serves his team to the best of his ability. Thanks, Callan, for your leadership and service to our team!

Highlighted HS Girls Soccer Athlete of the Week:

Kendall Bevan

Kendall demonstrates spiritual leadership daily for our team. She makes sure we pray before every game as well as after every game. She also makes sure to invite the other team to join us in a team group prayer.

Highlighted HS JV Girls Soccer Athlete of the Week:

Quinn Newton

Quinn always leads with her heart, compassion and purpose. She is always ready to serve and lift others up. Her faith shines through in the way she encourages her teammates, offers kind words, or steps in to help without being asked. She is the kind of leader who makes others seen, supported and valued - showing what true spiritual leadership looks like.

Highlighted Boys HS Cross Country Athlete of the Week:

Nathaniel Barker

Nathaniel loves people and is always looking for ways to help his teammates and coaches. He loves to encourage people and has a ready smile. His love for Jesus and others is an example to all of us and we are blessed to have him on our team. Thank you, Nathaniel, for your heart of service!

Highlighted Girls HS Cross Country Athlete of the Week:

Madeline Robertson

Madeline has a sweet spirit and is an encouragement to her teammates. She always looks for ways to be helpful and is there to cheer on her teammates. Thanks, Madeline, for your commitment to your team and your heart of service!

Highlighted Cheer Athlete of the Week:

Bethany Miles

Bethany has continued to shine as a spiritual leader and is always one to jump in to pray. She is such a breath of fresh air and a fantastic kindhearted young lady who is determined and very dedicated to Cheer.

Highlighted Girls JH Cross Country Athlete of the Week:

Katie Bates

On and off the trails, Katie exemplifies a heart of service by encouraging her teammates with running tips and motivating words that help them push through every mile. Her faith shines brightly through her kindness and support, making her a spiritual leader who inspires others to run with both perseverance and purpose.

Highlighted Boys JH Cross Country Athlete of the Week:

Caleb Leo

Caleb exemplifies spiritual leadership and service every day at practice and races. He never leaves his teammates behind, always caring very deeply for everyone to finish and encouraging them along the way. He has a strong sense of what is right and wrong and never waivers from speaking up if needed. Great job this season Caleb!

Highlighted JH Varsity Volleyball Athlete of the Week:

Melody De Donato

Melody is a wonderful example of what it means to serve others. She consistently puts her teammates first, cheering them on with genuine encouragement and positivity. Her selfless attitude and team-centered spirit lift everyone around her, making her an invaluable part of our varsity squad. We're so grateful for her heart, leadership, and support both on and off the court.

Highlighted JH JV Volleyball Athlete of the Week:

Lily Covey

Lily leads with quiet humility and a genuine heart for others. She serves her team in ways that often go unnoticed, always lifting those around her and making everyone feel appreciated and supported. Her calm presence and consistent

encouragement make her a steady source of strength for our junior varsity team. We're so thankful for the service and kindness she brings to the team.

Highlighted JH C Volleyball Athlete of the Week:

Peyton Arthur

Peyton is a true team player who's always looking out for others. She makes sure everyone has a warm-up partner and helps her teammates get excited for practices and games. Her energy and enthusiasm are contagious. She's quick to lead cheers both on and off the court, We're so grateful for her leadership and heart for the team.

Highlighted JH Football Athlete of the Week:

Miles Jackson

The JH middle school player that shows the most Spiritual leadership is Miles Jackson. Mile's is always uplifting his teammates and helping other players even when no one is looking. He represents the Spirit in every practice and game

Week of 9/29/2025

Core Value – Determination

Athletes of the week are sponsored by Teddy and Jeff Stevens. Thank you to our amazing sponsors!

Highlighted HS Varsity Volleyball Athlete of the Week:

Chlarice Carey

Chlarice has shown determination the full season to bring our team together. She has also shown determination in her play. Every day this past week, she led us in assists with 42 and 11 aces.

Highlighted HS JV Volleyball Athlete of the Week:

Daisy Riddle

Daisy shows determination everyday by working hard and pushing through challenges. This determination helps her grow as a player and shows her ability to go anywhere on the court without hesitation.

Highlighted HS C Volleyball Athlete of the Week:

Hannah Roth

Hannah shows up each and every day determined to get better! I have never met a more humble player who puts the team first in all she does. She encourages her team in such a loving way that inspires them to give it their all. I have loved getting to see her grow on and off the court!

Highlighted HS Varsity Football Athlete of the Week:

Colton Newman

Colton has shown determination to be a major player in the varsity both at DB and WR. He worked hard all summer in the weightroom, and it is showing. Colton had his best offensive game yet with 4 receptions for 56 Yards.

Highlighted HS JV Football Athlete of the Week:

Micah Rocha

Micah showed great determination recording three tackles in the varsity game on Friday vs Newport. It is great to see JV guys step up on the varsity when called upon and Micah did a great job. Congratulations Micah, looking forward to more tackles in the future!

Highlighted HS Girls Soccer Athlete of the Week:

Rylie Rettedal

Rylie demonstrated extreme determination last week against Freeman. She marked their best player and completely shut her down. She also added the game tying goal in the process.

Highlighted HS JV Girls Soccer Athlete of the Week:

Kaitlyn Graham

Kaitlyn sets high goals for herself and refuses to quit, even when faced with tough competition or setbacks. Her relentless drive and focus inspire her teammates and show that hard work truly pays off.

Highlighted Boys HS Cross Country Athlete of the Week:

Aiden Goodman

Aiden showed a lot of determination at the King's Cross Invite by improving his time per mile in races this season, even on the very hilly course! He joined his teammates on the podium by finishing in the top 15 for the Freshman Boy's race. Great job, Aiden!!

Highlighted Girls HS Cross Country Athlete of the Week:

Nora Gelhausen

This is Nora's first year of cross country, and she is constantly improving. Her determination was clear as she attacked hills, improving her per mile time on the tough racecourse at the King's Cross Invite and moving up in her team finish place. Keep up the great work, Nora!

Highlighted Cheer Athlete of the Week:

Lily Hohenstreet

As a new addition to the team, Lily continues to display determination and eagerness to do more. She works hard, eager to push to do more and is a blessing.

Highlighted JH Cross Country Athlete of the Week:

Emma White

Emma always comes prepared to work hard at every practice and meet she runs. She never complains and this past week she came in 3rd place at our league meet. Emma is very coachable, and we look forward to seeing her continue to push the limits.

Highlighted JH Varsity Volleyball Athlete of the Week:

Sylvia Cullen

Sylvie exemplifies determination! She hustles on the court, determined to never let a ball drop and get the point. She is determined to not only grow in her skills but support her teammates as well.

Highlighted JH JV Volleyball Athlete of the Week:

Georgia Ernst

Georgia is committed to growing in her own skills as well as focusing on her position on the court to help her team in game play. She is a great example of never giving up and doing what it takes to compete and support her team.

Highlighted JH C Volleyball Athlete of the Week:

Cora Goodman

Cora is so fun to watch at practice and during games. She is constantly moving and is determined to get the ball over the net or up to another teammate. Cora is in it to win it!

Highlighted JH Football Athlete of the Week:

Jacob Sirianni

The JH middle school player that showed the most determination is Jacob Sirianni. Being his first year of football, Jacob comes to practice determined to learn the game and get better.

Week of 9/22/2025

Core Value – Consistency

Athletes of the week are sponsored by [WHC Attorneys](#). Thank you to our amazing sponsors!

Highlighted HS Varsity Volleyball Athlete of the Week:

Ahrya Robins

Ahrya is always working hard and always the same on and off the court. She consistently wants to improve and is willing to push herself. She had 5 blocks, along with 8 kills.

Highlighted HS JV Volleyball Athlete of the Week:

Layla Malsom

Layla consistently shows up to practice early, ready to help with whatever the team needs. Her positive attitude and consistency make her a dependable and uplifting presence on the court.

Highlighted HS C Volleyball Athlete of the Week:

Ruby Wibel

Ruby is such an amazing player! She consistently shows up ready to give her all in each practice and every game! She has a contagious spirit about her that brings joy to everyone she interacts with. It has been so great getting to see her grow on and off the court!

Highlighted HS Varsity Football Athlete of the Week:

Zeke Young

Zeke has been a picture of consistency in our program. He always shows up and puts the work in. Zeke was a big factor in our defense this week coming up with many big tackles on 3rd downs forcing them to punt!

Highlighted HS JV Football Athlete of the Week:

Ben Hatfield

Ben has been a consistent leader for our team on and off the field. Ben has a good work ethic and does a tremendous job of calling our defense and leading by example. Good work Ben!

Highlighted HS Girls Soccer Athlete of the Week:

Julianna Pope

Day in and day out, JP puts in the work to get better every week. I know what to expect every time she takes the field: hard work, fair play and great play making ability. She is always consistent in how she plays.

Highlighted HS JV Girls Soccer Athlete of the Week:

Brooke Rettedal

Brooke shows consistency by giving her best effort in every practice and game. She always shows up with a smile on her face, with focus and determination to improve both herself and team.

Highlighted Girls HS Cross Country Athlete of the Week:

Alina Ithomitis

Alina has been consistent in her attendance and effort as we have started practice and competition. She shows a positive attitude as she ensures she is doing what is needed for practice, warmups and racing. Keep up the good work, Alina!

Highlighted Boys HS Cross Country Athlete of the Week:

Patrick Duerr

Patrick has shown consistency this season as he practices and races. He loves to run and is faithful to do his workouts, even through the summer. It is exciting to see his work pay off as he improves in his racing too!

Highlighted Cheer Athlete of the Week:

Ellie Popa

Ellie has this spark about her and continues to not only be consistent but also pushes herself in all she does. She has been a great mentor to all and always has a smile on her face. She is constantly on time and ready to help in all areas.

Highlighted JH Cross Country Athlete of the Week:

Maggie Claycomb

This past year Maggie joined club cross country and really put in the work. She shows up everyday day eager to work hard, usually setting the pace for the group. Her hard work paid off this past week earning her a win for the middle school girls at the Can-Am invitational. Way to go Maggie!

Highlighted JH Varsity Volleyball Athlete of the Week:

Hannah Strandy

Hannah demonstrates consistency by always showing up to play hard as the main setter. From her effort and skill to her uplifting attitude, her teammates can always count on her!

Highlighted JH JV Volleyball Athlete of the Week:

Addy Snyder

Addy's consistent killer serves this last week led the JV to their first win of the season. Her teammates can always trust her abilities.

Highlighted JH C Volleyball Athlete of the Week:

Elise King

Elsie's skills are essential to the team and has consistently demonstrated how much value and confidence she brings when she's on the court.

Highlighted JH Football Athlete of the Week:

Tucker Wheat

The middle school player that shows the most consistency is Tucker Wheat. He shows up whenever the team needs a key play. He always runs the most consistent routes and always knows the plays.

Week of 9/15/2025

Athletes of the week are sponsored by [Teresa Van Dyke, Home Group Realtor!](#) Thank you to our amazing sponsors!

Core Value – Heart

Highlighted HS Varsity Volleyball Athlete of the Week:

Micah Wells

Micah is one of the players who is willing to give of herself to others. She shows her heart for Volleyball and the Lord on and off the court.

Highlighted HS JV Volleyball Athlete of the Week:

Ruby Davis

Ruby shows heart by giving her all in every drill, no matter how tough it gets, and never giving up on herself or teammates. Her effort and determination inspire others to push harder and play with the same passion.

Highlighted HS C Volleyball Athlete of the Week:

Hannah Benson

Hannah is such a key member of our team! She has become such a vocal leader for the girls on and off the court. I can put her in any position and trust that she will get the job done. She has such a great heart for the game and her teammates.

Highlighted HS Varsity Football Athlete of the Week:

Lincoln Crockett

Ensuring injuries over the years, Lincoln has shown the heart for the game and his teammates continually coming back. This week he had 92 yards and 2 TD's.

Highlighted HS JV Football Athlete of the Week:

Liam Jordan

Liam showed tremendous heart on Saturday vs a tough Sandpoint team. Liam has a heart for service to his teammates as he led on the field and played with great personal heart as he gave his very best on every play. Great Job Liam! You are a huge part of our team!

Highlighted HS Girls Soccer Athlete of the Week:

Kendall Bevan

Kendall embodies the core value of "Heart". Nobody works harder than Kendall and she is selfless. She always puts the team first. She makes all teammates feel important.

Highlighted HS Girls Soccer Athlete of the Week:

Abigail Spuler

Abi has shown HEART through her hustle, determination, and constant drive to improve. No matter what is asked of her she gives 100% during every practice and game. She rises to every challenge; she is open to playing any position and helping her teammates.

Highlighted Girls HS Cross Country Athlete of the Week:

Allie Robertson

Allie Robertson was racing over 80 Senior girls from all over Eastern Washington last Saturday at the Shadle Park Highlander Invite. She started off the race by running with the lead pack, but soon it was a two-person battle between her and a runner from U High. Allie showed a lot of heart, knocking over 40 seconds off her best time on the course to finish second. Way to go, Allie!

Highlighted Boys HS Cross Country Athlete of the Week:

Ian Wilkinson

Ian Wilkinson ran a great race Saturday at the Shadle Park Highlander. He pushed the pace in the Sophomore boy's race of over 200 runners, showing heart and determination as he worked his way through the crowds. He is a great addition to our team, as NWC showed that our boys' team is ready to compete at a high level in our tough league!

Highlighted Cheer Athlete of the Week:

Laney Hall

Laney has pushed herself into a sport she did not think of doing before. She continues to push past obstacles and displays kindness and passion with her whole heart.

Highlighted JH Cross Country Athlete of the Week:

Leo Gross

Leo is new to cross country this year. He always gives his best, never complains and always shows up supporting his teammates. Last weekend Leo ran very hard and earned himself a fantastic time in the mile race. He exemplifies what “Heart” truly means. We can’t wait to see you continue to push your limits this season!

Highlighted JH Varsity Volleyball Athlete of the Week:

Presley Wheat

Presley brings so much heart to the team—she plays with determination and passion every time she's on the court. Even more, she lifts her teammates with her constant encouragement, making everyone around her feel supported and confident.

Highlighted JH JV Volleyball Athlete of the Week:

Kassi Ithomitis

Kassi brings such a joyful spirit to the team! Her energy and enthusiasm make practice and games so much fun. She encourages her teammates with her positive outlook and heart for her team and helps keep everyone smiling.

Highlighted JH C Volleyball Athlete of the Week:

Ella Pounder

Ella shows so much patience and determination as she works hard to grow her skills. Ella is always willing to put in the extra effort to improve at each practice. She shows so much heart for her teammates, encouraging them with positivity and support every step of the way.

Highlighted JH Football Athlete of the Week:

Eddie Sandall

The JH football player that shows the most Heart is Eddie. Every drill and every practice, anything the team is doing Sandall is all in. Even when the days are hard, he has a smile on his face and shows his Heart.

Week of 9/08/2025

Core Value – Work Ethic

Highlighted HS Varsity Volleyball Athlete of the Week:

Cora Nelson

Cora put in extra hours this summer lifting and getting stronger as well as working extremely hard at practices these past two weeks.

Highlighted HS JV Volleyball Athlete of the Week:

Olivia Lyerla

Olivia demonstrates incredible work ethic by always showing up to practice and giving her full effort, all while being coachable and a great teammate. Her dedication to improving strengthens her game and inspires her teammates.

Highlighted HS C Volleyball Athlete of the Week:

Bayla Pirello

Bayla is such a hard worker and dedicated player. She shows up each day ready to get better and to push her teammates to do the same. She led our team to victory on Saturday and is truly a great player and leader for our team!

Highlighted HS Varsity Football Athlete of the Week:

Hudson Some

Hudson is the prime example of work ethic in our program. Hudson attended every zero-hour lift over the off season. He did a great job this weekend in our first game, getting 10 carries and having 88 yards!

Highlighted HS JV Football Athlete of the Week:

Jensen Brown

The boys JV football player that exhibits most our core value of hard work is Jensen Brown. Jensen is always doing every rep to the best of his ability and always willing to do whatever the coaches ask him to do. Really excited about the attitude of this young man and excited for his future!

Highlighted HS Girls Soccer Athlete of the Week:

Hannah Fish

Hannah has demonstrated her hard work ethic daily at practice. She puts her head down and works every day we train, never a complaint only, "what can I do better?" She is a quite leader and a hard worker.

Highlighted Girls HS Cross Country Athlete of the Week:

Arielle Manuel

Arielle has been working hard all summer as part of the NWC Summer Running Club. She works to be consistent and diligent in her running. We appreciate her support of the team through team work days as well! Thank you, Arielle!

Highlighted Boys HS Cross Country Athlete of the Week:

Ryland Ransford

Ryland has demonstrated a good work ethic all summer and as we have started the regular season. Even though he recently moved to the Spokane area, he had already been working on his training during the summer as he anticipated joining the cross-country team. Welcome to NWC Cross Country, Ryland, it's great to have you on our team!

Highlighted Cheer Athlete of the Week:

Grace Gustafson

Grace has continued to shine through her strong work ethic. She balances all things life has given her. Grace has continued to display such dedication, positive and encouraging attitude to not just coaches but to her peers. She is truly a blessing.

Highlighted JH Cross Country Athlete of the Week:

Breckin Snediker

Breckin always comes to practice, prepared to work hard and has a great attitude. He continually pushes himself beyond what he thinks he can do and is a great example to his team of what good work ethic looks like. Great job Breckin!

Highlighted JH Varsity Volleyball Athlete of the Week:

Makenna Gallagher

Makenna shows up to each practice with her A game and focuses on bettering herself and her teammates. We know we can count on her to lead the team in hustle and hard work at every practice.

Highlighted JH JV Volleyball Athlete of the Week:

Jolie Smith

We can really see Jolie has been working hard this summer! She seeks opportunities to learn and improve her skills daily in practice and we are so excited to see how her hard work pays off this season.

Highlighted JH C Volleyball Athlete of the Week:

Danette Rainbow

Danette has shown great work ethic so far this season! She hustles and gives her all at every practice.

Highlighted JH Football Athlete of the Week:

Landen Shamblin

The middle school football player that has shown great work ethic day in and day out is Landen Shamblin. He has taken on the leadership role, as a team captain should, and leads by working hard at every aspect in every practice.