

25-26 Winter Athletes of the Week

Winter All-League Recipients:

NE2B All-League Awards Girls Basketball	1st Team- Kaitlyn Waters 1st Team- Julianna Pope 2nd Team- Macey Shamblin Coach of the Year- Nikki Nelson
NE2B All-League Awards Boys Basketball	MVP- Caleb Grant 1st Team- Jonah Pope 2nd Team- Adin Spuler Coach of the Year- Aaron Spuler
NE2B All-League Awards Wrestling	1 st team- Kyler Parry- 106 1 st team- Micah Rocha- 120 1 st team- Nakoa Rocha- 126 2nd team- David Phillips- 144 1 st team- Hudson Somes- 165 2nd team- Braden Walker- 175

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

Week of 2/23/2026

Core Value – Character

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Adin Spuler

Adin is a captain and has led by words and deeds all year. He has shown great character in his attitude on the floor and off, his attitude towards his teammates,

his attitude towards officials, and his attitude towards his classmates and teachers have all been a huge part of our success as a team. Thank you, Adin, for your loyalty and leadership!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Baylor Reedy

Baylor shows her character through her commitment to hard work. Baylor is kind, respectful, and is an encouragement to her coaches and teammates. On and off the court, Baylor lives with integrity and strives to be all she can be while representing Jesus to those around her. Keep it up Baylor, you are a pleasure to coach! :)

Highlighted Wrestling Athlete of the Week:

STATE TEAM

Their Character was tested this season and at the culminating event of our season they were able to shine. All season they overcame illness, injuries, competition adversity, and other challenges. The scale and the mat don't lie; our wrestlers received compliments from other coaches and fans all season for how they competed with respect and resilience. They aren't just good wrestlers; they are good kids. As a team they finished highest at State out of all the District 6 teams; 28 wins, 16 losses and 137.5 team points scored with 5 medals, 3 finalists, and 3 kids who made it to the "blood round". 8 of the 9 State Qualifiers were ranked in the top 15 by the Washington Wrestling Network this **season. Half of our team made all league NE2B (4 first team, 2 second team).**

Highlighted Cheer Athlete of the Week:

Katie Hohenstreet

Katie has grown individually and as the captain of cheer. Her character shines brightly and she continues to push through the hardest times. She is one everyone can lean on, as she has learned to coach others with patience and care. Thank you, Katie, for your continued love for all of those around you.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Jaxon Gassaway

Jaxon has been working hard all season long and has remained coachable each practice and game. He has been a great teammate and willing to serve in any capacity the team needs. Jaxon has demonstrated a good attitude and character all season long. He is a key member for the team's success.

Highlighted JH Boys Basketball JV Athlete of the Week:

Levi Epeneter

Levi's strong character shines through everything he does. Levi enters the gym every day with a smile and a positive attitude, chatting it up with his teammates and coaches. When it's time to practice, he gives full effort and is willing to learn. During games, he does whatever he asks of him to help the team be successful. He even helps opposing players up when they go down on the court. His character is something to be proud of.

Week of 2/17/2026

Core Value – Perseverance

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Jonah Pope

Jonah is a senior leader on our team and has led our team as we have persevered to meet our goal of doing our very best. Jonah has been a key leader in this effort. Thanks, Jonah, for your hard work and consistency!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Julianna Pope

Julianna has been a consistent scoring spark for our team throughout this season. Julianna finds a way to get to the basket, free throw line, or nail a three when our team needs it most. Julianna has a fierce desire to compete, no matter how difficult the competition is against her...she steps up to the plate every time. Keep it up J!

Highlighted Wrestling Athlete of the Week:

Corban Benson

Perseverance is such a valuable character trait in wrestling, and Corban showed it this season. He had a tough outing last week at Davenport, but he kept his head down, worked hard and showed grit and perseverance in his wrestling through a tough District bracket. He went 3-1 to qualify for State and in his 7th place match he overcame broken headgear and busted lip in a tough match where he was exhausted. He scored a late takedown to secure the win against Kettle Falls, allowing us to pass them in the team standings. Great Job Corban! See you at State!

Highlighted Cheer Athlete of the Week:

Grace Gustafson

Grace has strived to always give her 100%. Regardless of her busy schedule she continues to persevere and still gives it her all. Sometimes she pushes past her limits because she is so determined. Her heart is pure and humble. She is a strong leader within cheer, school and life.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Silas Wibel

Silas has been a tireless worker throughout the season and has had to battle through some injury issues which caused him to miss game time earlier this season. He has continued to push through these setbacks and has been an important contributor to the program. Additionally, Silas keeps a great attitude throughout games and practices and consistently makes positive decisions.

Highlighted JH Boys Basketball JV Athlete of the Week:

Benton James

Benton is fairly new to basketball. He is learning the basic understanding of the game and the skills involved. He continually asks questions and puts forth maximum effort in practice. His perseverance has helped him make leaps and bounds in his basketball development. He is figuring it out and the results are obvious during games...scoring points, making great passes and his stifling defense.

The Athletes of the Week are sponsored by [Head Strong, NW](#). Thank you to our amazing sponsor!

Week of 2/9/2026

Core Value – Encouragement / Enthusiasm

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Jesse Pope

Jesse is a talented basketball player who takes his work seriously and strives to get better day in and day out. Jesse's humor is also a great encouragement to the team. Jesse has the gift of being able to work hard and focus while at the same time having some good-natured fun. Thanks, Jesse, for your hard work and for your ability to bring humor to the process!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Baylor Reedy

Baylor is very team-oriented and has looked to give others encouragement in a variety of ways this season. Baylor is selfless and kindhearted, and she makes those around her better by the intensity she brings to the court. We love having Baylor as part of our team. Keep it up, Baylor!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Kaitlyn Graham

Kaitlyn has brought enthusiasm and the love of the game to practice and games. She is encouraging and creates a supportive environment. She treats her teammates with a genuine spirit of celebration of their successes. She is quick to notice when others are doing well. She is a joy to coach, because of the warmth and positivity that she puts forth.

Highlighted Wrestling Athlete of the Week:

Phillip Bak

Our team has surrounded Phil with support and encouragement to help him meet his goals this season so that he can get into our lineup consistently. Phil approached wrestling with enthusiasm, and he really stepped up his efforts to get into the Okanogan tournament where he had a pin to help our team place 3rd in a tough tournament to end the regular season. Great job, Phil!

Highlighted Cheer Athlete of the Week:

Ellie Popa & Lily Hohenstreet

Ellie has continued to be a role model of encouragement and enthusiasm. Her kindness drives the girls to keep going and encourages one to push and hit the Toe Touch! She is so incredibly talented, and her toe touches are absolutely stunning.

Lily continues to have enthusiasm in all she does with cheer. Every stunt, every technique she continues to grow. That smile says a million words. Keep it up, Lily. Let's get it again next year.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Tucker Wheat

Tucker is a team-first player who brings a positive attitude and work ethic to practices and games. He energizes the team with his hustle and encouragement. He is constantly ready to serve the team and do what he is called on to do.

Highlighted JH Boys Basketball Swing Athlete of the Week:

Miles Jackson

Miles enters the gym with a smile on his face, ready and enthusiastic for whatever comes his way. He is a selfless player, always looking to make the best play for the team. He encourages his teammates to work hard and truly wants them to be successful.

The Athletes of the Week are sponsored by [Summit Rehabilitation Associates-PLLC](#). Thank you to our amazing sponsor!

Week of 2/2/2026

Core Value – Leadership

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Evan Cox

Evan has reflected great leadership all year by his great attitude in practice and games. Evan is always positive and does his very best to establish a culture of

care and concern for others. Evan is also a great basketball player with a tremendous upside! It will be fun to watch this sophomore grow and develop over the next three years! Great Job Evan!

Highlighted HS JV Boys Basketball Athlete of the Week:

Evan Cox

The JV highlight athlete for leadership this week is Evan Cox. He's been a great leader for the team and helps guys figure things out when they're having trouble. We're very excited about his future.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Lindsey Hart

Lindsey is engaged during practice and games. She is reflective and offers insightful comments during team discussions. Lindsey brings joy, determination, and talent that our team needs. She is a pleasure to coach! Thank you, Lindsey!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Mercy Snediker

Mercy is a leader. She is communicative on the court and is vocal to encourage her teammates. She is willing to take risks, learn and lead from those

risks. She is an example of leadership through her toughness and strength. We are proud of the emerging leader she is becoming this season.

Highlighted Wrestling Athlete of the Week:

Micah Rocha

Micah shows our character trait of Leadership in the way he trains hard, is very disciplined with his eating, and he shows others how to compete. Teammates can count on Micah to know what's going on in practice and tournaments, and he helps other wrestlers with their technique. Micah has won 27 matches in a row, been Champion in 6 tournaments, and is undefeated in duals. He is currently the #1 ranked 120 in the state.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Kellen McDaniel

Kellen is an exceptional athlete and hooper, but he also has grown his ability to lead vocally and through his energy. He is committed to helping the team be successful in all situations.

Highlighted JH Boys Basketball JV Athlete of the Week:

Gabe Smock

Gabe is always willing and ready to lead. From warmups to prayer, to giving total effort in practice and games, Gabe shows what it takes to be a leader. His teammates feed off his leadership; it is contagious.

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

Week of 1/27/2026

Core Value – Learning & Growth

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Landon Epeneter

Landon is a freshman who has contributed greatly to the varsity team this year. Landon's hard work, dedication, and good attitude have helped him to grow not only as an individual but also as a player who is able to compete well at the varsity level. Landon, excited to see what the Lord has for you and the team! Nice Work!

Highlighted HS JV Boys Basketball Athlete of the Week:

Ryland Ransford

The JV highlight athlete for learning/growth is Ryland Ransford. He has grown quite a bit since the start of the season, earning real JV time and learning the program at a high level. We're excited for his future!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Halle Grant

Halle has done a phenomenal job this season improving her skillset. She asks clarifying questions in order to understand with a smile on her face. Halle intentionally approaches each drill with the mindset to improve. She makes our team better each day by the work ethic she brings. We love having Halle on our team! Keep it up Halle!

Highlighted HS JV Girls Basketball Athlete of the Week:

Shelby Dinatale

Shelby has shown growth by leaps and bounds this season. It has been rewarding to see the work she put in be effective and pay off during the games. She is teachable and asks great questions during practice. Shelby is eager to learn and handles feedback well. We are proud of her growth mindset and hard-working efforts.

Highlighted Wrestling Athlete of the Week:

Braden Walker

Braden had never wrestled before and decided to try it out his senior year. He epitomizes our character traits of learning and growth; in a sport that was completely new to him, he has picked up technique and strategy very quickly. His learning curve has been steep, but he is a humble learner and a natural competitor. His strength, agility, and instincts have helped him to build a winning record this year and even win a medal, placing 3rd at the East Valley Winter Clash. He has been a blessing to our team.

Highlighted Cheer Athlete of the Week:

Joella Towell & Allie Lease

Joella has continued to grow and learn the sport of cheer. She is always eager and ready to push through everything. Her smile is contagious and her heart is pure. Keep up the amazing work, Jo.

Allie keeps pushing and continues to learn many new cheers. From day one to now, we have seen a lot of growth. Keep plugging away Allie, the future is bright for you.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Hunter Bishop

Hunter is constantly trying to improve his skills and mental understanding of the game. In the first game of the season, he made his presence felt as he dominated the boards, coming down with rebound after rebound in key situations. He is a "lead-by-example" type of player and lets his effort and energy on the court motivate his teammates.

Highlighted JH Boys Basketball JV Athlete of the Week:

Avram Owens

Avram is doing a great job of getting better every day. He comes to practice, always ready to learn and grow. If he makes a mistake, he fixes it and moves on right away. He always has a positive attitude!

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

Week of 1/20/2026

Core Value – Leadership

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Braylon Comfort

Braylon is having a nice season and is a key contributor to our team. His consistent leadership is highlighted on the court by his effort and scoring ability, while off the court by his leadership as a captain. Thanks, Braylon, for your leadership on the team. Excited to see what the Lord has for you in the future!

Highlighted HS JV Boys Basketball Athlete of the Week:

Nate Hart

The JV highlight athlete for leadership is Nate Hart. He's been a consistent leader of the JV team and is growing in his confidence as well. We're excited to see how he continues to grow!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Macey Shamblin

Macey leads in so many ways. She vocally encourages her teammates, treats people with respect, and is inclusive to those around her. Macey leads by example by doing the right thing and brings so much to our team athletically. We love Macey and the positive impact she has, just by being her! Thanks Macey!

Highlighted HS JV Girls Basketball Athlete of the Week:

Ellie Williams

Ellie has shown leadership and influence this year. It comes from confidence and actions that aren't loud in volume but are felt in steadiness. She has a calm

approach to leadership which helps her teammates stay grounded. She was also voted for by her teammates as one of the captains. Well done, Ellie.

Highlighted Wrestling Athlete of the Week:

Roman Goulet

Roman is a transfer student in his first year with our program. Roman displays leadership through the example he sets for his peers by doing everything the right way. Whether it's pushing through a hard workout or being focused in our technique sessions and asking great questions, Roman is an example of how our wrestlers should carry themselves in practice and in competition. This past week Roman had a breakout performance for us against Davenport with a big pin over a ranked opponent; he followed that up with a strong performance at the Bronco Invitational at Ritzville by pinning his way to the finals and finishing 2nd. Great job Roman!

Highlighted Cheer Athlete of the Week:

Charlene Hertz

Charlene has continued to reflect eagerness and growth with cheer. She has shown true leadership to never give up consistent support when unable to participate and arriving on time and ready! Her efforts have not gone unnoticed. Keep it up, Charlene, and just know you can do anything.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Landen Shamblin

Landen brings one of the strongest and most enthusiastic voices to the junior high basketball program. He leads through his communication and consistent encouragement of others, which sets the tones for great practices.

Highlighted JH Boys Basketball JV Athlete of the Week:

Caleb Proffitt

Caleb leads by example. He is always on time, ready to learn and improve his game. He is ready to work, get better with his team, and always does so with a positive attitude.

Week of 1/12/2026

Core Value – Service

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Brodie Shamblin

Brodie was cleared for action this week after having knee surgery. During the time that Brodie was out, he served the team with his time and his actions. Brodie came to practice every day even if he couldn't participate and served his team as a manager during the games. Brodies' heart of service to his team is a tremendous testimony to this young man's character. Really excited to see him show his talents on the court! Thanks, Brodie!

Highlighted HS JV Boys Basketball Athlete of the Week:

Isaac Graham

The JV highlighted athlete for spiritual leadership/service is Isaac Graham. He's a hard worker and willing to help out his team no matter what. Isaac leads through action and we are excited to see his leadership grow.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Esther MacPherson

Esther has willingly supported our basketball team by sharing her basketball IQ/ knowledge, helping with water bottles, and encouraging both JV and varsity

while recovering from an injury. She brings a spark of life into situations she steps into, and our team is better because of it! Thanks Esther!

Highlighted HS JV Girls Basketball Athlete of the Week:

Chloe Strandy

Chloe has shown a heart of giving, service and kindness by being helpful with the little things. She doesn't hesitate to fill up water bottles, carry things for coaches and asks great questions for the benefit of her team. She also supports her team by delivering her best effort in practice and games. Her efforts are noticed and appreciated.

Highlighted Wrestling Athlete of the Week:

Nakoa Rocha

Nakoa has been our team captain for the last two seasons, and he displays our character trait of Service through the way he takes care of his teammates. He is like a big brother who makes sure they have their equipment, are where they need to be, are feeling good, and are in order. This weekend at the Crusader Classic, Nakoa won all of his matches by pin to become the 126lb Champion and win Co-Outstanding Wrestler. He has moved into second place overall in career wins with 112 and he leads in career pins with 72.

Highlighted Cheer Athlete of the Week:

Grace Gustafson

Grace does not skip a beat. She can motivate, influence and inspire others in all she does. No matter how busy she gets, she pushes herself to ensure she fulfills her commitments and never gives up. Grace is truly one amazing young lady, who goes above and beyond. Thank you for your love of cheer and your fellow team.

Highlighted JH Boys Basketball Varsity Athlete of the Week:

Levi Dollar

Levi is a vocal leader who works hard and is on the lookout to serve others. He is trustworthy and maintains a great attitude before, during and after practice.

Highlighted JH Boys Basketball JV Athlete of the Week:

Grant Meade

Grant is a servant leader and always shows up to practice ready to give his all and do what is asked of him. He is consistently working to better himself each time he steps on the court.

The Athletes of the Week are sponsored by [Northview Dental](#) Thank you to our amazing sponsor!

All State- Football

1st Team- Braylon Comfort- WR

1st Team- Alex Bowman Boast- Kicker

All State- Volleyball

Player of the Year- Kaitlyn Waters, 12th

Coach of the Year- Dave Whitehead

All State - 1st Team -Kaitlyn Waters, 12th

All-State 1st Team Macey Shamblyn, 12th

Honorable Mention- Lauren Matthews, 11th

Honorable Mention-Chlarice Carey, 11th

1/6/2026

Core Value- Determination

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Braylon Comfort

Braylon had awesome defense vs a highly rated player from TCP allowing the Crusaders to knock off the number two team in the state. Nice job Braylon! Thanks for your hard work and determination!

Highlighted HS JV Boys Basketball Athlete of the Week:

Lucas Grant

The JV highlight athlete for determination is Lucas Grant. He's been determined to improve and is very coachable and continues to grow every game. Keep it up, Lucas!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Kaitlyn Waters

Kaitlyn doesn't let the fact that she is a point guard deter her from crashing the boards to rebound the basketball. Kaitlyn also has very active hands on defense and finds herself getting multiple steals per game. Keep up the great work Kaitlyn!

Highlighted HS JV Girls Basketball Athlete of the Week:

Brooke Rettedal

Brooke has determination and intention when she practices and plays. She has a focus and grit that is inspiring to watch on the court. Brooke looks for steals

and takes opportunities to score with confidence. She took initiative to push through some tight games and stayed determined. Great job, Brooke.

Highlighted Wrestling Athlete of the Week:

Ryder Harmon

Ryder exhibits determination through all the work that he put in during the off season with club practices, tournaments, and camps that he attended. Ryder put in a lot of work on his own time to improve on his wrestling. During the Christmas break Ryder made the finals at the tough M2 Mallett tournament at Rogers and then was the Champion of the East Valley Invitational where he beat a highly ranked state placer in the finals (a wrestler who knocked him out of the state tournament last year). Ryder also was Champion of the Banks Lake Brawl at ACH.

Highlighted Wrestling Athlete of the Week:

Braden Green

Braden exhibited determination in persevering through tough practices and through coming back from being sick just before the Christmas break. After missing practice and two tournaments due to illness, Braden came back and stuck with it. His determination and persistence paid off as he got his first career win at the Banks Lake Brawl on Saturday at ACH.

Highlighted Cheer Athlete of the Week:

Marley Roberts

Marley continues to shine like a kind, caring young lady. She pushes through challenges not only in cheer but outside cheer with the God shining bright. She has shown true determination to be the sweet, hardworking young lady she is and drives hard to accomplish goals within cheer and outside cheer. We are so incredibly proud of her and truly blessed to have her presence shine.

The Athletes of the Week are sponsored by [Fairwood Animal Hospital](#)

Thank you to our amazing sponsor!

Week of 12/8/2025

Core Value – Consistency

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Caleb Grant

Caleb is a very good basketball player who has spent a ton of time developing his God given talents and abilities. Caleb's humility and service to our team is a tremendous blessing. On the court, he is averaging 26 ppg and 4 assists. Thanks, Caleb, for all your service to the team! May the Lord continue to bless you as you walk with Him!

Highlighted HS JV Boys Basketball Athlete of the Week:

Dylan Zimmerman

Dylan has been consistently one of our leading scorers and rebounders and is continuing to grow and improve every day. I'm super excited about his potential!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Mackenzie Prince

The girls' varsity team would like to highlight Mackenzie Prince for consistency. Kenz consistently brings her best to every game and practice. She consistently encourages her teammates and has stepped into a more vocal leadership role this year. We can count on Kenz to be respectful and kind, yet tenacious on the court. Keep it up Kenz!

Highlighted HS JV Girls Basketball Athlete of the Week:

Abi Spuler

Abi has shown her team and coaches a consistent focus this year. She has qualities of consistent leadership and being a competitor on the court. Great job for being reliable. Keep up the great work!

Highlighted Wrestling Athlete of the Week:

Kyler Parry

Kyler demonstrates our value of consistency in how he approaches and wrestles all his matches. Though he is just an 8th grader, he has a calm demeanor and is always giving his best effort. He keeps his nerves under control no matter what the situation. During our first two weeks of the season, Kyler won back-to-back tournaments; he was the Medical Lake Champion and the Champion of the

Brice Williams tournament at Liberty this weekend (where he finished all of his opponents without giving up a single point).

Highlighted Cheer Athlete of the Week:

Katie Hohenstreet

Katie has continued to push through as captain and displays consistency and dedication. Not only does she have a powerful voice in cheer, but she also has a kind heart. Always there for her squad. Keep up the great work Katie!

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Makenna & Ashlynn Gallagher

Makenna & Ashlynn are a powerhouse duo to be reckoned with! Both girls consistently show up to work hard, play strong and have fun! In practice, they are consistently putting 110% on drills, making everything a friendly competition to improve everyone around them! On the court, if we need to create some momentum, coaches can put the two girls together and make things happen naturally! Thank you, #2 & #3, for a fun season with lots of smiles, laughter and growth!

Highlighted JH JV Girls Basketball Athlete of the Week:

Lauryn Griffin

Lauryn has been CONSISTENT this whole season putting her best foot forward on and off the court! She shows up to practice ready to grow and learn to be a better player for the next game! On the court we can always count on her to do what is needed to make the team successful! Lauryn's help side defense stops baskets and her growing confidence with ball handling & shooting has

come so far this season! Your coaches are proud of the basketball player you are growing up to be!

The Athletes of the Week are sponsored by [Jeff and Teddy Stevens](#). Thank you to our amazing sponsor!

Week of 12/8/2025

Core Value – Heart

Highlighted HS Varsity Boys Basketball Athlete of the Week:

[Nate Hart](#)

Nate has shown great heart as he cares for his teammates and competes on the floor. Nate's off-season work and preparation are evident as he earned his first minutes and points on the varsity this week versus Colville. Super excited to see Nate continue to grow and develop over the course of his career! Great job Nate!

Highlighted HS JV Boys Basketball Athlete of the Week:

[Titus Baltzell](#)

The JV highlight athlete for heart is Titus Baltzell. He's always looking to improve and is a super hard worker. He shows heart by always being coachable and wanting to help his team.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

[Chlarice Carey](#)

Chlarice is such an asset to our team. Chlarice gives 100% towards every play whether in practice or games. She plays with tenacity sprinkled with kindness and is always going the extra mile to make sure everyone feels seen and encouraged. Thank you for being you, Chlarice!

Highlighted HS JV Girls Basketball Athlete of the Week:

Aubrey Dinatale

Aubrey played with heart this past weekend against Colville. She put great effort into putting the team first. She is thoughtful and self-sacrificing when it comes to her teammates. She has shown joy in her love of the game of basketball.

Highlighted Wrestling Athlete of the Week:

Jentezen Brown

Jentezen is a great addition to our team this year and one of the most valuable assets to our team culture. He exhibits the character trait of HEART in practice through his empathy for others, being sensitive to when people need to be lifted up or encouraged. He also digs deep to get through our workouts exhibiting the kind of perseverance we attribute to "heart". That spirit was on display at Medical Lake this weekend as he courageously battled against older, bigger opponents. Thank you for being a light on our team Jentezen!

Highlighted Cheer Athlete of the Week:

Bethany Miles

Bethany Miles has continued to shine and excel in cheer. She wears her heart on her sleeve and is constantly caring to all around her and is compassionate. Thank you, Bethany, for your love you display to all around you.

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Paige Demke

Paige loves and encourages her teammates on and off the court! She is the first one to support teammates' growth by encouraging, inspiring and sharing her knowledge of the game in a humble supportive way! Paige's smile and laughter lights the room up and her effort and grit leads the team to play harder and with more passion!

Highlighted JH JV Girls Basketball Athlete of the Week:

Presley Wheat

Presley's heart is for others, and it shows in every way on and off the court. She is willing to step up when needed to lead when asked or be the biggest cheerleader for others too! She makes the practice more fun every single day! She knows exactly what to say when we need a smile, or someone needs encouragement or if we need to get to work! Thank you, Presley, for being YOU!

All-League Players are sponsored by [Tyler Volk, State Farm insurance](#).

Thank you to our amazing sponsor!

Week of 12/1/2025

Core Value – Work Ethic

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Ben Bak

Ben has a great attitude and is working extremely hard. His good attitude and work ethic was rewarded with a great jamboree this Saturday. Thanks, Ben, for your hard work and commitment. Looking forward to a great season!

Highlighted HS JV Boys Basketball Athlete of the Week:

Fletcher Bain

This week's JV athlete highlight for work ethic is Fletcher Bain. He's consistently one of the hardest workers on the floor and wants to improve each time he plays. Keep working Fletch!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Faith Hamilton

Faith approaches every drill at game speed and stays after practice consistently to shoot free throws before she leaves the gym. We've only begun the basketball season, but we can already tell Faith has put in serious work over the summer. She is stronger, more confident, and her skills are elevated above last year. We are incredibly excited to see what is in store for Faith this year, we know good awaits her!

Highlighted HS JV Girls Basketball Athlete of the Week:

Auna Stacy

Auna, has really shown up for practice pushing herself to make the most of each minute. She has taken each drill and opportunity to work hard. We appreciate her work ethic and the tone that sets for the whole team.

Highlighted Wrestling Athlete of the Week:

David Phillips

This is David's 3rd season in our program, and after qualifying for state as a freshman, he is back and working hard in practice. He never complains, he pushes himself hard, and he is a grinder. David always gives maximum effort in technique, drilling, live wrestling, and conditioning. David is a great example of the kind of work ethic we aspire to on our wrestling team.

Highlighted Cheer Athlete of the Week:

Bellincia Blair

Bellincia continues to strive and grow as a Cheer stunt Lead. She has continued to display hard work dedication and always giving her all while pushing through and giving her best work ethic. Keep it up, Bellincia, and welcome to Winter Season, we are excited to see more!

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Danielle Bussard

Danielle is a leader every day by showing up to put her best effort forward each practice. Dani turns every moment into game-like scenarios pushing her teammates to work harder and grow! She is the first one to ask what's next to get the most out of her practices.

Highlighted JH JV Girls Basketball Athlete of the Week:

Lucy Nelson

Lucy's work ethic shines on and off the court! Lucy comes to practice every day ready to work hard, try new things, adjust when instructed! She is a great example of growth by putting in the work!