

2024-2025 WINTER NWC ATHLETIC HIGHLIGHTS

Week of 11/25/2024

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Flora De Donato

Flora has been working on her defensive rotations for a long time. We were short handed this week and she knew she would have to play her best basketball ever, so she spent extra time working on her defense to serve her team. It paid off with a great game against Kettle Falls!

Highlighted JH JV Girls Basketball Athlete of the Week:

Shelby Dinatale

Shelby played great on the JV team and is super versatile also filling in on Varsity when we need her to. Thank you, Shelby!

Week of 12/2/2024

Core Value – Work Ethic

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Jalan Clark

Jalan has come to practice every day and worked his tail off while encouraging others to do the same. Jalan's big smile and love for others and the team is evident. Jalan is poised for a breakout year and will be a fun player to watch in the upcoming season.

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Fletcher Bain

Fletcher is always hustling, learning new drills, and being coachable. He gets after it and works hard!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Faith Hamilton

Faith approaches every drill at game speed with a smile on her face. She consistently comes in the top three during conditioning and stays after practice to improve her free throw shooting percentage. Faith pushes others around her to be better by the intensity she brings to practice. Amazing job Faith! Keep up the great work!!

Highlighted HS JV Girls Basketball Athlete of the Week:

Lauralee Lindsey

Lauralee has been showing her work ethic in practices these past two weeks. She is using her communication skills to encourage and support her teammates. She is working hard to master the drills and skills at practice while also pushing herself physically. Keep up the good work Lauralee!

Highlighted HS Wrestling Athlete of the Week:

Nakoa Rocha

After the end of last season Nakoa stepped up his effort with his off-season work. He hit club practices, lifted weights, competed in freestyle and Greco roman wrestling tournaments, and attended the Kaizen Intensive Camp and Bread and Butter Camps this summer. Nakoa also helped with Crusader Camp. He spent his fall lifting and has been pushing himself and our team to put hard work into practice. We are thankful for his example to the many young wrestlers on our team this year.

Highlighted HS Cheer Athlete of the Week:

Katie Hohenstreet

Katie has not missed a beat between football and basketball season. She continues to push and be dedicated to her squad. She displays determination and kindness!

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Abi Spuler

Abi has grown in her leadership ability both as a captain and player. Against St. George's, she scored 19 points by using some adjustments we had worked on in practice.

Highlighted JH JV Girls Basketball Athlete of the Week:

Danielle Bussard

Danielle has played almost every minute of every game this season. She has played through injury and leads the JV always with a smile!

Week of 12/16/2024

Core Value – Heart

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Ben Slade

Ben showed a tremendous amount of heart this weekend, but particularly in our game against Colville. Ben played extremely well, scoring critical baskets down the stretch and used his versatility as a player to help our team pull out a 3-point win! Thanks for your effort, Ben! It's awesome to see your leadership and service to the team.

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Eli Vlietstra

In our games last week, Eli showed heart by guarding the toughest matchups on our opponents' teams and playing hard the whole time he was in. Thank you, Eli, for giving your all!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Mackenzie Prince

Mackenzie easily embodies 'heart'! Mackenzie plays with immense determination and focus. She's the type of athlete, when posed with a challenge, finds a way to overcome. Her game speaks for itself; it's easy to see that she has put in countless hours to hone her skills. We are so lucky to have her on our team!

Highlighted HS JV Girls Basketball Athlete of the Week:

Halle Grant

Halle has a heart for God, her teammates and exhibits excellence on the court. In practice and games, she has shown up with heart and enthusiasm. Halle loves the game of basketball, and it shows. In her endeavors for our first two games, she was our top scorer.

Highlighted HS Wrestling Athlete of the Week:

Corban Benson

Corban placed 3rd at the Dick Griswold Invitational Tournament. He had 3 pins on Saturday. Corban exemplified our value of Heart by pushing himself hard in all his matches, overcoming the adversity faced in competition despite being tired and overwhelmed with the stress of wrestling for the first time. He showed heart through the way he carried himself during the tournament encouraging teammates even after he took a loss. We are so proud of how he represented himself and NWC!

Highlighted HS Cheer Athlete of the Week:

Grace Gustafson

Grace has so much heart! Her love for cheer shows at practice and performing. That smile is contagious and so is her heart of kindness!

Highlighted JH Varsity Girls Basketball Athlete of the Week:

Kelsey Bell

Kelsey is steady. Always consistent. She is truly the heart of our team in many ways. Keep up the good work Kelsey!

Highlighted JH JV Girls Basketball Athlete of the Week:

Olivia Lyerla

Olivia never quits and is willing to do anything for the good of the team. She plays hard and with heart. Keep up the great attitude Olivia!

Week of 12/16/2024

Core Value – Consistency

Highlighted HS Cheer Athlete of the Week:

Hannah Miles

Hannah Miles has continued to strive and grow with the squad. She has been consistently pushing harder each week and not giving up.

Week of 1/13/25

Core Value – Determination and/or Service/Spiritual Leadership

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Colby Shamblin

Colby is a captain that has shown incredible spiritual leadership throughout the season by asking the opposing team to pray after the game in the center of the court. This has been a tremendous testimony to brothers and sisters in Christ who are a part of other school communities as well as a public display of putting our priorities in the right place. Colby is a tremendous athlete and a follower of Christ who continues to desire to grow in his walk with Christ and his outreach to others. Thanks, Colby, for serving your team and for setting an example of boldness.

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Dylan Zimmerman

Dylan is always willing to help wherever he's needed and has a great attitude. He's been playing well and we're super excited for his future!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Kaitlyn Waters

For determination, Kaitlyn immediately comes to mind. Kaitlyn is a competitor through and through. She approaches every drill at game speed, and I never have to ask her to go harder in a drill. Kaitlyn often stays after practice to work on her game. Once after practice, she made 43 free throws consecutively. During games, Kaitlyn is a spark of energy that we need and an anchor as a captain vocally. Kaitlyn never backs down from any opposing player, no matter how aggressive or tough they play. She matches their aggression and often ends up with a rebound or steal because of it.

Highlighted HS JV Girls Basketball Athlete of the Week:

Ellie Williams

Ellie has displayed great resolve and determination. She has shown in practices and in the games determination to improve. Her efforts to be coachable and put her best self forward is commendable.

Highlighted HS Wrestling Athlete of the Week:**Micah Rocha**

Micah displays our character trait of Service by always doing extra to help with the program, from cleaning mats to cleaning up the van after we travel. He constantly helps show and correct techniques with other wrestlers in practice and makes sure to take care of his teammates.

Micah is also our highest ranked wrestler (currently #2 in the State). Micah was the Banks Lake Brawl champion with a 19-0 win in the finals against the #5 ranked wrestler and a tech fall (15-0) over #10. He followed that up with a tech fall (17-2) at Kettle Falls over #15 and a second-place finish at the Crusader Classic where his only loss was to a senior state champion (ranked #1).

Highlighted HS Cheer Athlete of the Week:**Sammy Kissee**

Sammy is not just the captain of cheer, but she has displayed and continues to display kindness and spiritual leadership. Always eager to take us into prayer and encourage others.

Highlighted JH Varsity Boys Basketball Athletes of the Week:**Davis Ramseier**

Davis has had a great first week of the basketball season demonstrating the core value of service. Davis consistently volunteers to take on leadership roles and even swept the gym floor without being asked this week before practice.

Highlighted JH JV Boys Basketball Athletes of the Week:**Andrew Mitchell**

Andrew has had a great first week of the basketball season demonstrating the core value of service. Andrew has been anxious to learn, super coachable, demonstrated a great attitude, and regularly tries to help around the gym.

Week of 1/20/25**Core Value – Respect****Highlighted HS Varsity Boys Basketball Athlete of the Week:****Avi West**

Avi is an amazing basketball player! In fact, he has currently tied the school scoring record and will break it Lord willing on Friday night vs Reardan! Congrats Avi! The thing that I would like to highlight about Avi is the maturity that Avi has as an individual. This maturity allows him to take his game, his leadership, and his character to the next level and the fruit of that is the respect that he is giving and in turn receiving. Officials, teammates, opponents, coaches, and fans are all drawn to this young man. Avi may the Lord bless you for the rest of the season and for the rest of your seasons in basketball and life!

Highlighted HS JV/C Boys Basketball Athlete of the Week:**Nate Hart**

Nate has been out with an injury but still shows up every day and is his same respectful self and wanting to jump in and help wherever he's able. Thank you, Nate, for respecting your coaches and teammates!

Highlighted HS Varsity Girls Basketball Athlete of the Week:**Grace Engles**

For this week's 'Respect' Grace comes to mind. Colossians 4:6 states, "Let your speech at all times be gracious and pleasant, seasoned with salt, so that you will know how to answer anyone who questions you." From the interactions I've had with Grace, she has embodied this verse. She is articulate, kind, and always encourages those around her during practice and games. Grace is uplifting, and from what I can tell, points others to Jesus by the way she lives. She is outspoken with her faith and adds intentionality and positivity to the conversations she engages in. Grace's attitude creates a spark of life when our team has been struggling. We are so grateful to have her as a part of our team, she is a valuable leader.

Highlighted HS JV Girls Basketball Athlete of the Week:**Aubrey Dinatale**

Aubrey has shown Respect to her team and coaches this season. She takes what her coaches say and tries her best to apply it. She is quick to listen and to be kind to her teammates. The example of respect that comes to my mind is from Ephesians 4:32 "Be kind and compassionate to one another forgiving each other, just as in Christ God has forgiven you." Great job Aubrey of being respectful to those around you.

Highlighted HS Wrestling Athlete of the Week:**Caden Moden**

Caden exhibits our value of Respect by how he treats opponents and how he represents our school in competition. He responds to authority well and treats all his teammates with respect. This weekend at the Bronco Invitational Caden won an exciting back and forth battle in his opening round match. With the score tied 16-16 and 9 seconds left on the clock, Caden was able to score an escape point and hold off his opponent as time ran out to win 17-16. Caden ended up placing 4th in the tournament. It was his first time wrestling for a medal and his best showing this season!

Highlighted HS Cheer Athlete of the Week:**Ellie Popa**

Ellie has continued to display respect not only to her teammates but to the coaches as well. Strong communication! Ellie has grown and continues to grow as a wonderful individual and squad member.

Highlighted JH Boys Basketball Athletes of the Week:**Cody Manuel**

Cody is our athlete of the week demonstrating the core value of Respect. Cody is always attentive and respectful of coaches and teammates. He brings a positive mindset to practice and works each day to grow his skills. Cody's helpful spirit and respectful attitude is a great asset to the program.

Week of 1/27/25

Core Value – Learning/Growth

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Ben Bak

Ben is doing a tremendous job for our program. He is learning and growing as a young man and a basketball player. His commitment to working hard in practice has really shown up on the court. Great Job Ben!

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Drew Bevan

Drew has come super far from his freshman year and is one of our main playmakers and leaders on the JV. He's got a great attitude and makes it easy to coach!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Esther MacPherson

Esther has so much personality, it's been fun to watch it unfold over the course of this season. Besides providing smiles and occasionally chumming it up with the referees, Esther has a very high basketball IQ. She understands the game and has insightful things to say to her teammates. Esther is one of our main vocal leaders both on the floor and on the bench. She brings a spark of life and light to our team whenever she gets in the game. Esther's role is also morphing. She is starting to look to shoot her shot more and is becoming a very active asset on defense—both with steals and rebounds. We are excited for more to come with Esther, like her personality, there is a lot more to watch unfold. Stay tuned...

Highlighted HS JV Girls Basketball Athlete of the Week:

Auna Stacy

Auna has displayed growth this season. She is an active listener. Auna puts effort into learning whatever new thing is that we are trying. She embraces the feedback that we give her with a great attitude. Great job Auna!

Highlighted HS Wrestling Athlete of the Week:

Noah Stegman

Noah exhibits our value of learning and growth through his positive attitude about receiving feedback and taking it to heart. He asks great questions in practice and listens to the coaching staff during his matches when it can be tough to focus. He put a lot of hard work in during the off-season and it shows in the large improvements he has made in his wrestling. He placed 3rd at the Banks Lake Brawl this year and has been placing matches at several other

tournaments in a very, very tough weight class. Noah has a humble learner's approach and often helps teammates to pick up the techniques we learn in practice.

Highlighted HS Cheer Athlete of the Week:

Grace Gustafson

Grace has continued to push beyond her comfort zone to strive to learn and excel where she can. Watching her growth from day one has been an honor.

Highlighted JH Boys Basketball Athletes of the Week:

Levi Dollar

Not only does Levi work hard, but he also has a willing and positive attitude, and he is anxious to learn new skills and strategies. His enthusiasm is infectious in practice and games.

Week of 2.3.2025

Core Value – Leadership

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Jonah Pope

Jonah has shown great leadership all season by his consistent effort in practice, day in and day out. Jonah is an important part of our team, and his consistency and hard work is an amazing example to the rest of his brothers. Jonah is a young man of courage and resilience. A fact that is evident in how he plays the game of basketball and how he approaches life.

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Adin Spuler

Adin has been a main leader on the JV team all year, both on and off the court. He's helped the freshman get used to HS ball, and he's always encouraging and showing servant leadership.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Macey Shamblin

Macey is one of the most coachable girls on our team! She is consistent and positive. As one of our leading scorers, other teams have been doubling down on Macey and play extra physically against her. She has sustained quite a beating at times, and we've never seen her give up or quit. Macey always leads the team by example, and we are excited to see her start to be more of a vocal leader as well. Macey is kind and encouraging to her teammates and plays selflessly, celebrating the victories of those around her. Macey is an anchor on our team, and we wouldn't be where we are without her. Keep up the amazing work Macey!

Highlighted HS JV Girls Basketball Athlete of the Week:

Morgan Lindsey

Morgan gives her all at practice, showing grit and drive that helps her excel in both practice and games. She encourages her teammates committed to helping the team succeed. Morgan has stepped up in leadership and is now playing more point guard position too!

Highlighted HS Wrestling Athlete of the Week:

Nakoa Rocha, Hudson Somes, Micah Rocha, Chase Shumacher

This week's highlighted value of Leadership is exhibited by Nakoa Rocha, Hudson Somes, and Micah Rocha though the way they set an example to the other wrestlers. With a team that includes four 8th graders, six 9th graders, and no seniors, leadership is at a premium. Nakoa has embraced his role as team captain by always keeping an eye on his teammates, making sure mats are cleaned, the weight area is unlocked, and the kids are organized when we are at tournaments. He models responsibility. Hudson humbly serves his teammates by silent example and Micah is vocal with his redirection of teammates who need it.

The wrestler of the week in performance is Chase Shumacher. Chase is an 8th grader in our program, and he has been making great progress this season. Coaches have been encouraging him to put in the work to improve and he has responded well. This weekend he locked in, focused and was able to win two consecutive matches by pin to place 3rd and medal at NE2B North League Championships.

Highlighted HS Cheer Athlete of the Week:

Katie Hohenstreet

Katie has taken a leap and has stepped in co-captain role for basketball. She has the vocals, the commitment and has continued to build her leadership skills that will take her far in life.

Highlighted JH Varsity Boys Basketball Athletes of the Week:

Isaac Graham

Isaac is a "lead-by-example" student-athlete for the Jr. High Basketball team. He works hard in every drill, practice, and game. He is responsible and excels in the classroom. He is also a coachable player that is always striving to improve.

Highlighted JH JV Boys Basketball Athletes of the Week:

Landen Shamblin

Landen always offers to lead pre-game warmups. He is one of the most vocal encouragers on and off the court. He consistently encourages and challenges his teammates in practices and games. He is a coachable player that consistently gives 100% effort.

Week of 2.10.2025

Core Value – Encouragement/Enthusiasm

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Adin Spuler

Adin is a serious competitor who has a bright future here at NWC. As all his teammates know, Adin is a talker. He really enjoys competing and talking while he competes. Adin's hidden superpower is his ability to see other people and encourage them. Although Adin loves to talk trash, he uses his words and actions to encourage his brothers and is very sensitive to the needs of his teammates.

Highlighted HS JV/C Boys Basketball Athlete of the Week:

Brodie Shamblin

Although Brodie has been out with an injury, he has been on the bench encouraging his teammates and learning as much as possible. He always brings enthusiasm on and off the court.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Baylor Reedy

Baylor has such a love for the game of basketball. She often sticks around after practice to get shots up. When she is on the floor, Baylor plays with passion and is a competitor. Baylor listens well and is always encouraging her teammates. We are grateful to be able to coach Baylor this year. She is an asset to our team and is uplifting to those around her. Thanks for your positive attitude, Baylor!

Highlighted HS JV Girls Basketball Athlete of the Week:

Gracie Thompson

Gracie has a great smile and enthusiasm for life. We appreciate your willingness and coachability to learn the game of basketball. Great job Gracie!

Highlighted HS Wrestling Athlete of the Week:

Phillip Bak

Phil exhibits our team values of encouragement and enthusiasm through his attitude for improvement in practice, his willingness to do everything the coaches ask, even when it is extremely difficult, and through his support of teammates. This weekend at the 2B District Championships Phil survived a close match and got his first pin of the season in the last 7 seconds in a dramatic victory to advance through the tournament. Everyone in the gym was excited and it lifted the whole team!

Highlighted HS Cheer Athlete of the Week:

Helena Marcinko

Helena is always encouraging and positive in cheer. When something is tough for one, she will always be there for the ladies to either step in or encourage them through the process.

Highlighted JH Varsity Boys Basketball Athletes of the Week:

Layton Malcom-Gonwick

Layton is a vocal player and leader for the team. He is constantly communicating on the court to help keep the energy high. He also plays with great effort that sets the tone.

Highlighted JH JV Boys Basketball Athletes of the Week:

Tucker Wheat

Tucker is always positive and takes pride in getting his teammates involved. He is always ready to roll and give his all, and his enthusiasm for the game is contagious.

Week of 2.18.2025

Core Value – Perseverance

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Joseph Spuler

Joseph has been a foundational leader and steady influence in our program for the past 4 years. Joseph shows up to practice every day and does his level best at everything that he does. His example of steadiness and perseverance is a testimony to his relationship with Jesus Christ. Thank you, Joseph, for your years of service to our team. May the Lord richly bless you the rest of the basketball season and in the many seasons to come.

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Grace Engles, Macey Shamblin, Mackenzie Prince, Kaitlyn Waters

The girls' basketball team would like to give a shout out to Macey, Grace, Kaitlyn and Mackenzie who have all shown a great deal of perseverance this season. Each one of these talented girls has continued to have a good attitude, be an uplifting teammate and help the team succeed together.

Highlighted HS Wrestling Athlete of the Week:

Brandt O'Laughlin

Brandt exemplifies our team value of Perseverance by how he has grown as a wrestler this season. As an 8th grader wrestling at 175lbs against kids who are often 4 years older than he is, Brandt courageously steps on to the mat every week against tough kids, knowing he is physically outmatched. But he has a long-term vision and has built mental toughness and a great attitude. At last weekend's State Qualifying Tournament at Freeman, Brandt even hit a very cool and rare move called the "Gator Bacon"! Way to go Brandt, your future is bright!

Highlighted HS Cheer Athlete of the Week:

Bethany Miles

Bethany has been a fantastic cheer athlete. Bethany came into this year for the first time in cheer and she has grown with great perseverance. There are no limits to her athletic ability, and she continues to grow and push forward!

Highlighted JH Varsity Boys Basketball Athletes of the Week:

Elliot Towell

Elliot shows great perseverance as he continues to work on his game this season. He is a key member for the team and always gives great effort in practice and games. He has a humble spirit and a positive attitude.

Highlighted JH JV Boys Basketball Athletes of the Week:

Jaxon Gassaway

Jaxon is willing to put in the work with a positive attitude and do what it takes to get better. He stays after each practice to work on his shot and ball handling. We even had to kick him out a few times, because it was time to go!

Week of 2.24.2025

Core Value – Character

Highlighted HS Varsity Boys Basketball Athlete of the Week:

Eli Vlietstra

Eli has worked hard and had a great attitude all season with the JV Team. He has continued to display this commitment and strong character when called up to the Varsity Team. Eli is respectful and serves his team with great character. Thank you, Eli!

Highlighted HS Varsity Girls Basketball Athlete of the Week:

Chlarice Carey

Chlarice consistently has an incredible attitude! She is positive with her teammates, respectful always, and is willing to do whatever is asked of her. Chlarice capitalizes opportunities at practice by going game speed and when in the games, Chlarice takes care of the ball and plays tough defense. She is one of our hustle and grit players. We've never had to ask Chlarice to work harder, and we respect her so much for that. Off the court, Chlarice has such a 'fun personality.' She radiates joy and kindness and has been a such a pleasure to coach this year! Great job Chlarice. Thanks for being you, you add so much to our team!

Highlighted HS Wrestling Athlete of the Week:

David Phillips

David exemplifies our team value of character; he is trustworthy, honest, kind to others, and if there was a vote, the NICEST kid on our team. This weekend at Mat Classic XXXVI (State) David got to experience the adrenaline rush of wrestling in front of thousands of fans when he completed a big come-from-behind victory by pinning an opponent from Granger while he was down big late in the 3rd period. It was an exciting highlight to a great freshman season for David.

Highlighted JH Varsity Boys Basketball Athletes of the Week:

Lucas Grant

Lucas has been a steady force for the Jr. High Basketball Team. He leads with high character and integrity. He had his breakout game in a huge win over Liberty a couple weeks ago. He brings joy and enthusiasm to each practice and game.

Highlighted JH JV Boys Basketball Athletes of the Week:

Conner Ramseier

Conner is very easy going, coachable, a good teammate, and friendly to all. He does whatever is asked of him and does so with a positive attitude. He is well-liked by everyone on the team.