

2023-2024 Athlete of the Week Winners

| Week | Student | School | Activity | Performance Details |
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| Aug 24 - Sept 3 | Amber Walker | Tigard | Volleyball | Amber recorded 26 kills and 45 digs against North Salem. |
| | Kiara Adams | Mannahouse Academy, Eugene | Volleyball | Kiara's leadership for the Lions has been remarkable both on and off the field since she stepped into a captain role for this first year team. |
| | Oliver Gaines | Nelson | Boys Soccer | Oliver scored three goals and assisted a fourth goal against Lebanon. |
| | Logan Backman | Myrtle Point | Football | Logan threw 14 for 20 for 431 yards and 8 TDs. Additionally, he rushed for 41 yards. |
| Sept 4 - 10 | Nelida Dalgas | North Salem | Girls XC | Nelida ran a time of 17:47 in the 5k at Ash Creek, making her the top runner for 6A XC in the state. Her time also broke North Salem's XC school record. |
| | Cloe Chase | Marist Catholic | Girls Soccer | Cloe scored 7 goals across 2 games this week. So far this season, Cloe has scored 14 total goals in 4 games. |
| | Jonathan Flores | Lost River | Boys Soccer | Jonathan played a key role in the Raiders win this week. He scored 5 goals and made some crucial saves when he filled in for their injured goalkeeper. |
| | Athan Palmateer | South Salem | Football | Athan went 29 for 39 passing, accumulating 503 yards. He threw for 6 TDs, giving the Saxons a 45-44 win over Sunset. |
| Sept 11 - 17 | Paige Edmonson | Sutherlin | Girls Soccer | Paige is a captain for the Bulldogs. In her first two games she scored four goals, starting her season off with a bang. |
| | Amelia Campbell | Grant | Girls XC | Amelia won the Oregon City Invitational with a time of 18:39.6. Her performance led the Generals team to a 2nd place finish. |
| | Carter Bengtson | Cottage Grove | Boys XC | Carter ran a 40 second PR to win the Country Fair Classic race with a time of 15:42. This is currently the fastest 4A time in the state. |
| | Rocco McClave | Crescent Valley | Football | Rocco threw 24 for 39 for 375 yards and 4 TDs. He also rushed 200 yards for 4 TDs. Defensively, he also had 3 tackles. |
| Sept 18 - 24 | Dakota King | Yamhill-Carlton | Volleyball | Dakota compiled 38 kills, 31 digs, 13 blocks, and 9 aces throughout her competitions this week. |
| | Sylvia Eckman | Roseburg | Girls XC | Sylvia won the 2023 Prefontaine Memorial meet by 53 seconds, finishing the race with a PR of 18:46.50. |
| | Eli Williams | Cove Charter | Boys XC | Eli has had a great start to his season. He got first place at the Parma Invite, Catherine Creek Scamper, Wallowa County Invite, and Walla Walla Hawk Invite. Eli has a PR of 16:05. |
| | Kollin Schumacher | Regis | Football | Kollin threw for 441 yards and 5 TDs. He also ran for an additional TD, giving the Rams the win against Gervais. |
| Sept 25 - Oct 1 | Emma Brewer | Salem Academy | Volleyball | Emma had 89 kills and 41 digs this week. She currently has a season total of 370 kills, 205 digs, 18 blocks, 44 aces, and a serving percentage of 92.8%. |
| | Jordan Fagert | North Valley | Girls Soccer | Jordan played an important role in the Knights victories this week. Across both games, she scored 5 goals and assisted 4 more. |
| | Dalton Steers | Pacific | Boys Soccer | Dalton led the Pirates to a 4-0 win this week, scoring all 4 goals. He has accumulated 20 goals and 11 assists in 8 games. |
| | Brady Housley | Westside Christian | Boys Soccer | Brady has been an offensive powerhouse for the Eagles. He has scored 14 goals and assisted another 14 goals in his first 6 games. |
| Oct 2 - 8 | Calista Everson | Valley Catholic | Girls Soccer | Calista is the leading goal scorer for the Valiants, despite being a defender. She scored a hattrick this week, putting Calista at 8 goals this season. |
| | Gillian Merhoff | Mazama | Volleyball | Throughout this week, Gillian had a total of 11 kills, 16 digs, 4 aces, and 2 blocks. This puts Gillian at a season total of 142 kills, 51 aces, 141 digs, and 11 blocks. |
| | Ariel de Dios Cruz | Willamette | Boys Soccer | Ariel led the Wolverines to 2 wins this week, scoring 6 goals & assisting a 7th. Ariel was also voted the SBLive Best High School Boys Soccer player for Fall of 2023. |
| | Jackson Duringer | Central Linn | Boys XC | Jackson took 2nd place in the Harrier Classic FR/SO race, coming in with a time of 18:00. He also plays in the midfield for the Cobras Boys Soccer team. |

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| Oct 9 - 15 | Frances Rueland | Lincoln | Volleyball | Frances led the Cardinals to two victories this week. She scored 5 goals against Roosevelt, and then scored a goal and assisted another against Franklin. |
| | Helen Tenney | Cleveland | Volleyball | Helen had 4 aces, 22 assists, 16 digs, and a serve rating of 2.48 this week. This puts her at 20 aces, 8 kills, 228 assists, and 66 digs for the season. |
| | Quentin Buckland | Elmira | Football | Quentin led the Falcons against Siuslaw this week. He scored 6 TDs, had 160 yards passing, 246 yards rushing, 2 forced fumbles, 1 interception, and 6 tackles. |
| | Mario Jauregui | Centennial | Boys Soccer | Mario had the Eagles wear black arm bands in honor of his coach, who recently lost a family member. He then netted 3 goals and assisted another. |
| Oct 16 - 22 | Libby McLaughlin | Marist Catholic | Girls Soccer | Libby scored 6 goals and got 7 assists this week. She now has 24 goals and 23 assists for the season. |
| | Alyssa Baird | Portland Christian | Volleyball | Across 14 matches, Alyssa tallied 242 kills, 153 digs, and 42 aces. She was voted Player of the Year in the 2A Northwest League. |
| | Grady Greenwood | Condon | Boys XC | Grady set a new record for Condon at the Vernonia Invitational. He finished with a time of 15:51.8, leading the Blue Devils to a 4th place finish. |
| | Ethan Hendrickson | Ontario | Football | In 3 quarters of play, Ethan carried for 258 yards and 5 TDs. His season rushing numbers are 1503 yards in 165 carries, and 22 TDs. |
| Oct 23 - 29 | Jayne Neal | Central Linn | Girls XC | Jayne set a new PR at the Special District 2 District Meet. She took third place, finishing with a time of 20:27.35. |
| | Emma Hugo | Molalla | Girls Soccer | Emma led the Indians to 2 key victories this week, scoring 2 goals against The Dalles and 3 against Junction City. Emma has a total of 15 goals this season. |
| | Paul Hretcanu | Tigard | Boys XC | Paul took first place in the Three Rivers District Championship. He finished with a time of 16:05:59. |
| | Memo Cervantes | Delphian | Boys Soccer | Memo scored 3 important goals this week, helping the Dragons win both games and securing their spot in the second round of playoffs. |
| Oct 30 - Nov 5 | MacKenzie Bigej | Canby | Girls XC | MacKenzie won the NWOC districts with a time of 17:31.61. She then took second place in the 5A Girls XC State Championships. After receiving her award, she departed to go play in the 5A Girls Soccer quarterfinals against Wilsonville. |
| | Kortney Doman | Crane Union | Volleyball | Kortney helped the Mustangs win the 1A Volleyball State Championships. Over the course of the state tournament, she compiled 77 kills, 8 aces, and 19 digs. |
| | Jack Meier | West Salem | Boys XC | Jack took first in the 6A Boys Cross Country State Championship. He finished with a time of 15:23.7. |
| | Cort Waggoner | Siuslaw | Football | As captain, Cort led the Vikings to the playoffs. He was also named the 2023-24 3A Mountain-Valley League Lineman of the Year for both sides of the ball. |
| Nov 6 - 12 | Emma Bennett | Jesuit | Girls XC | Emma won the 6A Girls XC State Championship with a time of 18:00.2. This also helped the Crusaders take first place as a team. |
| | Kenley Whittaker | Wilsonville | Girls Soccer | Kenley scored the opening goal and assisted another in the 5A Girls Soccer State Championship, giving the Wildcats their third consecutive state title. |
| | Almikar Garcia | McLoughlin | Boys Soccer | Almikar scored 2 goals to win the 3A/2A/1A Boys Soccer State Championship. He accumulated 37 goals throughout the season. |
| | Hulises Najera | The Dalles | Boys Soccer | Hulises scored 3 goals in 2 matches, leading the Riverhawks to the semifinals for the first time in school history. He scored 20 goals total this season. |
| Nov 13 - 19 | Campbell Swaim | Catlin Gabel | Girls Soccer | Campbell scored a goal in the state finals, sending the Eagles to PKs against Valley Catholic. The Eagles won the PK shootout 5-4. Campbell had a season total of 20 goals and 17 assists. |
| | Alana Harry | Lincoln | Girls Soccer | In the first 3 games of state playoffs, Alana scored 3 goals and assisted another 8 goals. This raises her season total to 20 goals and 22 assists. |
| | Evin Warner | Myrtle Point | Football | In the state quarterfinal game, Evin had 4 reception TDs and 3 rushing TDs for a total of 316 yards. He also had 9 tackles and 1 interception. |

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| | Easton Berry | Weston-McEwen | Football | After returning from injury, Easton led the TigerScots to the state finals. He threw for 231 yards and a TD, and also ran for 115 yards and 4 TDs in 16 carries. |
| Nov 20 - 26 | Lexi Fausto | Westside Christian | Cheerleading | Lexi took first place in the 3A/2A/1A division at the OCCA All-State Competition. |
| | Daisy Lelonde | East Linn Christian | Girls XC | Daisy took second place in the 3A/2A/1A XC State Championship Meet. She finished with a time of 19:03.6. |
| | JaMar Thurman | Lowell | Football | JaMar was vital in the Devils first Football state title win. He contributed 5 rushing TDs & 1 receiving TD, totalling 618 yds. He has rushed 2,958 yds this season. |
| | Sentori Martino | Barlow | Football | Sentori helped the Bruins get to the 6A Columbia Cup Semifinals. He had 7 receptions for 118 yds & ran for 144 yds, scoring 2 TDs to win 37-36 against Liberty. |
| Nov 27 - Dec 3 | Dakota Carson | Creswell | Girls Basketball | Over the course of 2 games this week, Dakota compiled a total of 28 points, 7 rebounds, and 8 steals. |
| | Macali Lade | Siuslaw | Girls Wrestling | Macali won the Perry Burlison Invitational with a record of 5-0, pinning all of her opponents. |
| | Marcus Lozano | McMinnville | Cheerleading | This week, Marcus won the OCCA All-State Male Competition for the 4th time. He also won the OCCA All-State Coed Group Stunt for the 3rd time. |
| | Zafer Courcelle | Franklin | Boys XC | Zafer finished 87th out of 2300 at the Nike XC Nationals with a time of 16:11. His performance helped his team get 14th in the nation. |
| Dec 4 - 10 | Chaya Palomo | Sprague | Girls Wrestling | Chaya competed in the Tyrone S. Woods Memorial Women's Tournament this week. She recorded 3 wins, all by fall, with the quickest one being :13 seconds into the first period. |
| | Isabella Harms | Willamette | Girls Basketball | Isabella led the Wolverines to a win against Crescent Valley. She had 7 steals, 6 rebounds, and scored 24 points to give the Wolverines a 62-59 win. |
| | Preston Echeverria | Hillsboro | Boys Wrestling | Preston competed in the Rose City Championships and took first place. He won all his matches by fall. He currently has a record of 7-0. |
| | Rhyne Nelson | Willamina | Boys Wrestling | Rhyne competed in the Rose City Championships this week. He won all 5 of his matches by fall, securing him first place. |
| Dec 11 - 17 | Helena Huettmeyer | Lakeridge | Girls Swimming | Helena took first place with her relay team in the 200 Medley Relay and 400 Freestyle Relay. She also took first in the 200 I.M. and the 100 backstroke. |
| | Kirsten Delazerda | Estacada | Girls Wrestling | Kirsten won both the Safeway Buckle Classic and the Nelson Invitational. She is undefeated so far this season. |
| | Colin Cordle | South Albany | Boys Basketball | Colin was vital for the RedHawks in their 3 games this week. He scored a total of 76 points across these games, resulting in 3 wins for South Albany. |
| | Peyton Pierce | Eagle Point | Boys Basketball | Peyton made a big impact in the Eagles game this week. He scored 33 points and had 4 steals, resulting in a win for the Eagles. |
| Dec 25 - 31 | Hannah Hernandez | Ontario | Girls Wrestling | Hannah is currently 16-0 and has 5 tournament championships on the season. |
| | Layla Burgess | Elmira | Girls Basketball | Last year's Elmira female athlete of the year, averaging 16 pts a game, 110 pts so far this season. Over 450 career points so far. |
| | Jackson Potts | Mountain View | Boys Wrestling | One of only 6 Oregon athletes to place at the prestigious Reno Tournament of Champions. Earned 6th place out of more than 64 entries in his 165 lb. weight class. He has a record of 14-3 with three tournament titles. |
| | Bridger Foss | South Medford | Boys Wrestling | Improved to 15-0 on the season by going 5-0 at the Grants Pass Winter Kickoff and winning the NB Coast Classic Champion last week at 190lbs. |
| Jan 1 - 7 | Zorina Markley Johnson | Ida B Wells | Girls Wrestling | Zorina recorded 6 first-round pins on her way to a dominant first place 125-pound title on January 5-6, 2024 at the Kelso Girls Invitational. She was the only champion from Oregon in the tournament of 14 weight classes with 815 athletes. Zorina also plays defensive line for her Guardian football team, she sprints for her track team, carries a 4.0 GPA, and is a member of the OSAA student advisory council. |

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| | Runon Muroya | Western Christian | Girls Basketball | In the team's last 5 games she's averaged 20 points or more, and is averaging 5 steals and 3 assists per game. |
| | Isaac Hampton | Newberg | Boys Wrestling | Went 3-0 at the Earl Gillis Invitational on 1/5, adding onto his already 3 first place finishes at the Rose City Championship OR, Best of the West WA, and Gut Check WA. All at 126 lbs. |
| | Christian Retherford | Toledo | Boys Wrestling | This last week he placed 1st at 150 lbs at Congrove-Eschler Wrestling Tournament and 1st in Elgin vs Toledo Duel in the same week. This year he has also placed 1st at Bill Hagerty Invitational and Willie Wilkinson Memorial. |
| Jan 8 - 14 | Maya Barrios | Beaverton | Girls Wrestling | Maya took 1st place in her weight class at the Tigard Invitational. She also helped spearhead the Beavers Girls Wrestling program, growing it from 1 to 13 athletes. |
| | Lydia Traore | Crater | Girls Basketball | Lydia led the Comets to a win against Springfield. She scored 18 points, got 11 rebounds, and 4 blocks. |
| | Michael Miller | Illinois Valley | Boys Wrestling | Michael won all 5 of his matches at the Oregon Classic. He also took 1st place at the Dan Vidlak Invitational, Grants Pass Winter Kick-Off, and Hunter Hoepfner Memorial. |
| | Elijah Hatfield | Glide | Boys Wrestling | Elijah went 5-0 at the Oregon Classic. He was also voted Most Valuable Wrestler at the Covered Bridge Invitational. He is 19-0 on the season so far. |
| Jan 15 - 21 | Gretchen Orton | Jefferson | Girls Basketball | Gretchen scored 39 points in a double OT game against Taft and another 28 points against Amity, leading the Lions to 2 victories. |
| | Katie Dunn | Parkrose | Dance/Drill | Katie was 1 of 11 dancers from 5A selected to the All-State team. She was also awarded top honors at the Reynolds competition earlier this year. |
| | Preston Tompkins | Open Door Christian | Boys Basketball | Across 2 games, Preston scored a combined 63 points and got 8 assists, 16 steals, and 7 rebounds. He has an average of 22.2 points a game. |
| | Bergen Keplinger | Rainier Jr/Sr HS | Boys Swimming | In the 50 Free, Bergen took first place at the Rainier Invitational. He also took first in duels against Taft and St. Helens in the 50 Free. |
| Jan 22 - 28 | Morgan Cole-Hand | Spray | Girls Basketball | Morgan got her 10th triple double of the season this week. Across both of the Eagles games this week, she scored 45 PTS and had 22 RBs, 26 STLs, and 15 ASTs. |
| | Zoraya Hernandez | Barlow | Girls Swimming | Zoraya led the Bruins to win both the 200 Medley Relay and the 400 Free Relay in their last 3 meets. She also won the 200 Free, which is not normally her event. |
| | Ryan Griffin | Illinois Valley | Boys Wrestling | Ryan took first place at the Dan Vidlak Invitational, the Grants Pass Winter Kick-Off, and the Hunter Hoepfner Memorial. His record is 28-0 this season. |
| | Cannon Anderson | St. Mary's School | Boys Basketball | Cannon made a big impact in the Crusaders games this week. He scored 23 PTS against Coquille and 33 PTS against Glide, both resulting in wins. |
| Jan 29 - Feb 4 | Voilette Anderson | Trout Lake | Girls Basketball | Violette led the Mustangs to 3 victories this week. She scored a total of 73 points and compiled 20 rebounds, 8 assists, and 19 steals. |
| | Paige Allen | La Grande | Girls Wrestling | Paige won the Hood River Valley Girls Invitational and the Lady Huskie Invitational (WA). She has a current record of 30-4 this season. |
| | Keivon Riley | Junction City | Boys Basketball | In the 4th quarter Keivon scored 20 points, erasing the Tigers 18-point deficit. The highlight of his performance was a game-winning buzzer-beater from three-quarters court to win the game. |
| | Brock Barron-Perreira | Glide | Boys Wrestling | Brock won the Covered Bridge Invitational and the Panther Coastal Clash. He has a record of 27-4 this season and is a captain for the Wildcats. |
| Feb 5 - 11 | Ariya Abdullah | David Douglas | Girls Swimming | Ariya finished first in the 50 Freestyle, 100 Freestyle, and the 200 Freestyle Relay. She earned Mount Hood Conference Swimmer of the Meet for her performance. |
| | Jessica Paulsen | Lakeridge | Girls Swimming | Jessica won the 100 Freestyle and placed third in the 50 Freestyle at the Three Rivers District Meet. She also took first place alongside her teammates in the 200 and 400 Freestyle Relays. |
| | Mason Leach | Glencoe | Boys Swimming | Mason was awarded Athlete of the Meet at the Pacific Conference Championship. He took first place and broke the meet record times |

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| | | | | in both the 100 Backstroke and 200 Medley Relay, and he also took first in the 200 Freestyle Relay. |
| | Owen Koegler | Camas Valley | Boys Wrestling | Owen placed first at the 2A/1A Special District 2 Wrestling Tournament. He also won the Devin Dawson, Willie Wilkinson, Howell, King of the Hill, and the Sutherlin Classic competitions. His record on the season is 37-1. |
| Feb 12 - 18 | Hailey Monte | Gladstone | Girls Basketball | Hailey scored 66 points and totaled 7 assists, 11 rebounds, and 3 steals across 3 games. She has scored 315 points this season, averaging 18.5 points per game. |
| | Dezirae Martinez Castanon | Aloha | Girls Wrestling | Dezirae took first place in the 105-pound bracket in the Girls Special District 1 District meet. She pinned every opponent in the first round. |
| | Mason Hopper | Nelson | Boys Swimming | Mason won the 100 Freestyle and 200 Freestyle in the 6A Swimming State Championships. He was awarded Athlete of the Meet for his performance. |
| | Logan Sunnell | Tualatin | Boys Wrestling | Logan took first place in the 190-pound bracket in the Three Rivers League District meet. He has a record of 16-0 this season. |
| Feb 19 - 25 | Bailey Chafin | Sweet Home | Girls Wrestling | Bailey won her 2nd state championship title in the 4A 125-pound bracket and had a record of 41-1 on the season. She also finished 4th place at the Girls Nationals in 2023 and 2nd place at the 2023 Reno World Finalist Tournament. |
| | Maeve DeYoung | West Linn | Girls Swimming | Maeve won the 100 Backstroke and 100 Butterfly state championship titles, earning All-American consideration times in both events. She broke both high school records for West Linn, and her performance earned her Athlete of the Meet. |
| | Mike Miller | Illinois Valley | Boys Wrestling | Mike won the 2A 113-pound bracket state championship title, making him the 49th four-time champion in Oregon history. He had a record of 41-3 this year. |
| | Kyle Sieminski | Sweet Home | Boys Wrestling | Kyle won the 4A 120-pound bracket state championship title, making him the 50th four-time champion in Oregon history. He had a record of 54-3 this year. |
| Feb 26 - Mar 3 | Taylor Donaldson | South Albany | Girls Basketball | Taylor scored her 1,000th career point as a sophomore against Lebanon, where she scored 18 points and got 5 rebounds. She then scored 23 points with 13 rebounds to help the RedHawks move on to the state quarter-finals. |
| | Audra Rose | St. Paul | Girls Basketball | In the first 2 rounds of state playoffs, Audra scored 55 points and had 30 rebounds, 9 assists, 2 steals, and 2 blocks. |
| | Taylor Parsons | Grant Union | Boys Wrestling | Taylor became a two-time 2A State Champion in the 126-pound bracket, winning all his matches by pin. He also won the Heppner-Bank, Elgin Buckle, and District tournaments by pinning all his opponents. |
| | Jack Lidbeck | Harrisburg | Boys Basketball | Jack scored 45 points in the 3A state tournament, helping the Eagles secure 5th place. He was selected for the 1st team all-league in the Mountain Valley Conference, and was a big reason the Eagles received the sportsmanship award. |
| Mar 4 - 10 | Eva Phillips | Lebanon | Dance/Drill | As a captain of her team, Eva helped lead the Warriors to 14 first place trophies this season, and she recently made the DDCA All-State Dance team. She is also the Vaedictorian of her class. |
| | Annie Campos | Henley | Girls Basketball | Annie scored her 1,500th point during the 5A Girls Basketball state championships. She scored the game winning basket to win the title for the Hornets, and she was unanimously selected for the first team all-tournament roster. |
| | Isaac Carr | Central Catholic | Boys Basketball | Isaac scored 26 points and had 7 rebounds, 7 assists, and 2 steals to help the Rams win the 6A State Championship against Roosevelt. |
| | Jackson Doman | Canby | Boys Wrestling | Jackson took first place in the 215-pound bracket at the 5A state championships. He had an undefeated season, with a record of 45-0. |
| Mar 11 - 17 | Lillian Bigby | Astoria | Dance/Drill | As a captain, Lillian helped the Fishermen win the 5A/4A/3A/2A/1A Hip Hop division at the OSAA state championships. She also made the all-state team, and was awarded a DDCA Dance scholarship. |
| | Gracelyn Chaffee | Canby | Dance/Drill | Gracelyn helped the Cougars secure 2nd place at the OSAA state championships in the 5A/4A/3A/2A/1A Traditional and Show |

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| | | | | divisions. She also earned a spot on the 5A all-state dance team and received a DDCA dance scholarship. |
| | Rowan Files | Lowell | Boys Track & Field | At the Icebreaker meet in Reedsport, Rowan took 1st place in the 100m and had a 3rd place finish in the Javelin. |
| | Braden Marthaller | Toledo | Baseball | In his 1st 3 games, Braden compiled 3 2Bs, 5 RBIs, 4 Rs, and 12 SBs. From the mound, he hasn't allowed a single run so far and got 12Ks. |
| Mar 18 - 24 | Olivia Pompetti | Central Catholic | Softball | Olivia had an amazing performance batting for the Rams this week. Across 3 games, she hit 5 HRs, drove in 13 runs and accounted for 7 Rs, 2 2Bs, and 1 SB. |
| | Ava Eib | St. Helens | Softball | In her past 2 games, Ava pitched complete shutouts, helping the Lions win both games. She had 17 KOs from the circle in just one game. |
| | Nathan Neveau | Pendleton | Boys Track & Field | Nathan is leading the 4A Discus rankings with a throw of 157' 6". He is currently runner-up in the 4A Shot Put rankings with a throw of 51' 1". |
| | Gage Martinez | Crook County | Baseball | Gage helped the Cowboys win against Astoria, pitching 7 innings without giving up a single hit and striking out 13 batters. |
| Mar 25 - 31 | Josie Donelson | Lake Oswego | Girls Track & Field | To start her season, Josie broke the Oregon 400m record with a time of 53.53, taking 3rd place in the Florida Relays. She also leads the state in the 100m, 200m, and 300m hurdles, and runs anchor for the Lakers 4x100m relay team. |
| | Ayla Davies | Burns | Softball | In the Union Softball Tournament, Ayla compiled 30 Ks from the circle. She then struck out another 11 batters against Warrenton, surpassing 1,000 career high school varsity strikeouts. She also batted .800 for the weekend. |
| | Andy Yang | Westview | Boys Golf | Andy has won all 3 of his league matches so far, leading the Wildcats to 1st place in the standings. He has not shot over par so far this season. Andy is committed to Cal Baptist University to play Golf. |
| | James Bauman | Lake Oswego | Boys Track & Field | In the Florida Relays James ran the 100m in 10.58 seconds, taking 4th place and breaking a 60-year-old school record. He also runs on the 4x100m and 4x200m relay teams for the Lakers. |
| Apr 1 - 7 | Sophie Schoolmeester | Banks | Girls T&F | Sophie ran a state-leading time of 2:12.4 in the 800m. She also ran the 1500m in 4:37.6, making her the 3A state leader. |
| | Melinee Udom | Westview | Girls Golf | Melinee has won all 4 of her league matches so far. She also took 1st place in her recent tournament at the Reserve, beating 2nd place by 8 strokes. |
| | Ethan Aman | Franklin | Boys T&F | Ethan threw 60' 5" in the Shot Put, making him the state leader regardless of classification. He also threw 153' 2" in the Discus, making him the 6A state leader. |
| | Jaime Acunas | Crook County | Boys Tennis | Jaime won both of his singles matches this week and was undefeated to take 1st place in the White Buffalo Invitational. |
| Apr 8 - 14 | Marissa Johnson | Tigard | Girls T&F | Marissa threw 45' 3" in Shot Put, awarding her the best mark in the state regardless of classification. She is also the state leader in the Discus with a mark of 145' 11.5". |
| | Gracie Huston | Central Catholic | Softball | Gracie struck out 32 batters from the circle this week, including a perfect game against Clackamas. She also batted .417 and got 4 RBIs this week. |
| | Cohen Gladheim | Sherwood | Boys Golf | Cohen shot a Pacific Conference tournament-low score of 68 this week. He currently leads the league scoring average with an average of 70. |
| | Mason Detzler | Myrtle Point | Boys T&F | Mason is the 1A state leader in the Shot Put with a mark of 58' 11.5". He is also the 1A state leader in the Discus with a mark of 157' 2". |
| Apr 15 - 21 | Joey Sizemore | Clatskanie | Softball | Joey batted .727 this week, compiling 13 RBIs, 2 HRs, and a grand slam. From the circle, she struck out 17 batters. |
| | Hadley Hughes | Willamina | Girls T&F | Hadley is the 2A state leader in the Javelin, with a mark of 129' 9". She is also 3rd place in the 2A state rankings in both the Discus with a mark of 115' 1", and Shot Put with a mark of 33' 8". |
| | Chris Sickles | Falls City | Boys T&F | Chris broke a 30-year school record in the Pole Vault for the Mountaineers with a mark of 9' 6". He also ran the 110M Hurdles in |

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| | | | | a time of 16.93, breaking another school record from 2006 by 0.01 seconds. |
| | Amin Diani | Banks | Boys T&F | Amin broke his own school record from 2023 in the 800M with a time of 1:55.75. His performance also makes him the 3A state leader. |
| Apr 22 - 28 | Sophia Castenada | Newberg | Girls T&F | Sophia ran the 400M in 54.98 seconds this week, re-breaking her own school record and puts her in 2nd place in state regardless of classification. Her time also makes her the 12th fastest sophomore in the country. |
| | Harlee Agee | Douglas | Softball | In her last 4 games, Harlee pitched a total of 19 innings, striking out 30 batters. Additionally, she batted .400 and got 3 RBIs. |
| | Kiyan Vrell | Amity | Boys T&F | Kiyan re-broke his own school record in the Javelin with a throw of 190', also making him 1st place in state for 3A. He also got a PR in Hammer with a throw of 141' 9", putting Kiyan in 3rd place in the state for 3A. |
| | Nolan Mead | Pendleton | Boys T&F | Nolan is the 4A state leader in the Triple Jump, leaping 44' 11". Nolan also jumped 21' 4" in the Long Jump, putting him at 5th place in the state for 4A. |
| Apr 29 - May 5 | Maya Promwongsa | Tualatin | Girls Golf | Maya won the 6A Special District 2 Regional Tournament (Mt. Hood, Three Rivers) with a 2-day score of 147. |
| | Brezlyn Hagemeister | Ridgeview | Softball | Across 3 games this week, Brezlyn compiled 35 KOs from the circle. Offensively, she hit 3 2Bs and got 9 RBIs. |
| | Jayden Jessee | Grants Pass | Boys T&F | Regardless of classification, Jayden is the state leader in the 110M Hurdles with a time of 14.13, 2nd place in the 300M Hurdles with a time of 39.07, and 6th place in the High Jump, jumping 6' 5". |
| | Dylan Beals | Illinois Valley | Baseball | Dylan pitched a complete game no-hit shutout against Riddle this week, striking out 11 batters. |
| May 6 - 12 | Margaret Pizano | Mazama | Softball | In a double-header against Klamath Union, Margaret hit 3 HRs, a 2B, and a 1B, bringing in a total of 11 RBIs. |
| | Grace Hannan | Dallas | Girls Golf | Grace won the 5A Special District 2 Regional Tournament (Mid-Willamette, Midwestern) with a 2-day score of 160. |
| | Andrew Waletich | Sherwood | Boys T&F | Andrew is the 6A state leader in the 400M with a time of 48.46. This time broke the Sherwood school record that was set almost 30 years ago. |
| | Kolby Coxen | Toledo | Baseball | Across 2 games, Kolby hit 6/6 with a 2B, 6 SBs, and 5 RBIs. He did not make an error in either game. |
| May 13 - 19 | Laken Herrera | Ontario | Girls Tennis | Laken took first place in the 4A/3A/2A/1A Special District 5 Girls Singles competition to remain undefeated this year. |
| | Laney Deloe | Willamina | Softball | Laney surpassed 200 KOs from the circle this year. Offensively, she has a batting average of .471. |
| | Resean Jones | Baker | Boys T&F | Rasean took first place in both the 110M Hurdles and the 300M Hurdles. He set new state records in both events, with a time of 13.96 in the 110M Hurdles and 37.38 in the 300M Hurdles. |
| | Jason Padgett | North Bend | Boys T&F | Jason took first place in both the 100M and 200M at the 4A OSAA State Championship meet. He finished the 100M with a time of 10.82, and the 200M in 21.50. His 200M time broke the 4A all-time state meet record. |
| May 20 - 26 | Sophie Hulke | Sherman | Girls T&F | At the 1A State Track & Field Championships, Sophie took first place in both the Shot Put with a throw of 38' 8.75" and Discus with a throw of 119' 4". |
| | Blakely Hauck | Marist Catholic | Softball | Blakely hit a 2 RBI single and a 3 RBI double to tie the score near the end of the game. This set the stage for the Spartans extra-inning comeback victory. |
| | Davis Hartwell | Crosspoint Christian | Boys Golf | Davis took first place in the 3A/2A/1A State Golf Championship with a 2-day score of 141, beating second place by 10 strokes. Davis won 6 out of the 8 tournaments he played in this year. |
| | Avery Teed | Jesuit | Boys T&F | Avery took first place in the 100M, 400M, 1500M, and Shot Put in the Para-athlete division, earning 20 points for the Crusaders. He set 3 new state meet records in the 100M, 400M, and Shot Put. |
| May 27 - | Payton Burnham | Sheldon | Softball | Across both the semifinal and final games of the 6A Softball State Championships, Payton hit a 2B, a HR, and got 5 RBIs. She also |

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| June 2 | | | | pitched 12 scoreless innings and had a combined 20 Ks. |
| | Pharalynn Dickson | South Albany | Girls T&F | Pharalynn took 1st place in the 100M (12.21), 200M (24.86), and 400M (56.42) at the 5A State Championships. For her performance, she was named athlete of the meet. |
| | Andrew Klopccic | Valley Catholic | Boys T&F | Andrew took 1st place in the Long Jump (21' 8.25"), Triple Jump (44' 8.25"), 400M (49.55), and the 4x400M Relay (3:23.49). His team's 4x400M Relay performance broke the 3A state meet record. |
| | Thomas Ferren | Myrtle Point | Boys T&F | Thomas took 1st place in both the 100M (11.19) and the 200M (22.59) at the 1A State Championship meet. He also took 3rd place in the 110M Hurdles (15.72). For his performance, Thomas was named athlete of the meet. |