

PAYTON ABRAHAMSON



"Payton is one of our top scorers this year and is consistent every game. We can always count on her to keep us in games. She is a wonderful all-around player and a great teammate. Payton has worked hard this season in a little bit of a different role. When facing challenges, she always pushes herself to be better and come out on the winning end. She has been a great leader and is always willing to do what needs to be done. Payton really knows the game of basketball and is always willing to help teach our younger players all about what she knows. She has had an outstanding senior season and is looking forward to playing at the next level. We appreciate everything Payton has done for the girls' basketball program and know she has a lot to look forward to."

-Mike Ables

HS Head Girls Basketball Coach

JANUARY 2019
STUDENT ATHLETE OF THE MONTH

LONNIE CAWSTON



"Lonnie is not only leading our team in scoring, he is also leading our team defensively. He is our best 1 on 1 defender and works hard to shut his man down. Lonnie is one of our hardest workers and leads by example in multiple ways, including in the classroom where he has done very well. Lonnie expects a lot from himself and has really performed well down the stretch, including a 29-point effort in our last game against Okanogan. Lonnie is not afraid of hard work, being coached, and working to better himself and our team. He has worked hard to live our mantra of "Always do the right thing" and "Always do your best." He continues to be a big reason why we have been successful this year and look forward to continued success in the playoffs!"

-Geoff Pearson
HS Head Boys Basketball Coach

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