

AALIYAH MARCHAND



"Aaliyah Marchand is a freshman this year. She has stepped up her game and has become a starter. She has already set the Omak High School 3-point record for most made in a game by making seven earlier this season. She always shows up for practice ready and willing to do whatever is asked of her. She was also named WIAA athlete of the week. She is an outstanding student and a great young person. She is a good teammate, works hard, and is a joy to coach."

-Mike Ables
HS Head Girls Basketball Coach

JANUARY 2020
STUDENT ATHLETE OF THE MONTH

KAYDEN CATE



"Kayden has stepped up to the challenge of leading his high school wrestling team, while maintaining a 3.3 GPA and participating in his FFA duties. Kayden works hard in and out of the wrestling room. He is working in school, practice, and at home where he is putting in extra work and achieving great results. Kayden does not miss practice. Kayden has gained a new perspective on being coached. He has grown into someone who is highly receptive of coaching, regardless of who is trying to make him better. Kayden finished his league campaign undefeated- defeating the returning league champion once by a pin and once with a score of 8-2; they were both dominating performances. Kayden has a new found and very positive attitude towards everything that he is doing to get better. Kayden won the Okanogan tournament and was in the finals at Kittitas before the power went out. He is on a winning streak as we enter the final stretch of the season. He is seeded number one in the district tournament and will work hard to capture a district title."

-Dean Agee
HS Head Wrestling Coach

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