



*Arlina Shen from Blake*

Arlina Shen closed out her high-school tennis career with five team state titles, three runner-up finishes in singles and two singles championships.

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*Alyson Jay of Blake*



*Bella Suk of Blake*

## Bella Suk and Allyson Jay

Sophomore Bella Suk and Freshmen Allyson Jay won the Class A Doubles Tennis Championship. They defeated a strong doubles team from Litchfield to win the title. Congrats on a great season!



*Michael Moran from SPA*

Michael Moran finished off an already stellar 2019 season with a great month of October. Michael finished 5th overall at the IMAC conference meet. Michael built off that finish at the 4A Section Meet at Highland 9 Golf Course, finishing in 6th place and qualifying for the State Meet at St. Olaf. Moran's 16:44 at State was a lifetime personal best, and good enough for 32nd place overall. Not only has Michael worked extremely hard throughout the summer and the fall, he has been a great teammate and leader. His commitment as a team captain helped elevate the entire Spartan Cross Country program. Congratulations, Michael, on a great season.

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### OCTBER ATHLETE OF THE MONTH NOMINEES

| <u>ATHLETE</u>                         | <u>SCHOOL</u>  | <u>SPORT</u>    | <u>YEAR</u>  |
|--|----------------|-----------------|--------------|
| Arlina Shen, Bella Suk,<br>Allyson Jay | BLAKE          | Girls<br>Tennis | 12,<br>10, 9 |
| Will Mortenson                         | BLAKE          | Boys<br>Soccer  | Senior       |
| Alden Keller                           | BRECK          | CC              | Fresh<br>man |
| Esme Gulbransen                        | BRECK          | CC              | 7th<br>Grade |
| Molly DiNardo                          | MINNEHA<br>HA  | CC              | 9th          |
| Terry Lockett                          | MINNEHA<br>HA  | FB              | 12           |
| Henry Snider                           | MPA            | CC              | Senior       |
| Catherine Moore                        | MPA            | VB              | Senior       |
| Kate Neill                             | PROVIDE<br>NCE | Volleyba<br>ll  | 12           |
| Maddie Kelly                           | PROVIDE<br>NCE | CC              | 12           |

|                            |     |    |              |
|----------------------------|-----|----|--------------|
| Sawyer Bollinger-Danielson | SPA | CC | 7th<br>Grade |
| Michael Moran              | SPA | CC | Junior       |