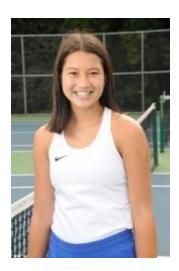


Arlina Shen from Blake

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



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.

OCTBER ATHLETE OF THE MONTH NOMINEES

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

Sawyer Bollinger-Danielson	SPA	CC	7th
			Grade
Michael Moran	SPA	CC	Junior