



APPRECIATING EXCELLENCE:

MULTNOMAH ATHLETIC CLUB SCHOLAR ATHLETE PROGRAM

BY JENNIFER HOLZAPFEL-HANSON

In its 50-plus-year history, the MAC Scholar Athlete program has evolved into a beloved tradition. Each year, 30 area high schools nominate a trio of sophomores, with the final recipient from each school chosen through an application process managed by the Multnomah Athletic Foundation. The program does more than offer students access to world-class athletic facilities; it nurtures a sense of community and provides a supportive environment for personal growth and development.

Some students are drawn by the two-year MAC membership, which can transition into Intermediate membership. Others are enticed by the \$1,500 college scholarship from the foundation, which also offers a wealth of resources and programs to support their athletic and academic goals. However, the true highlight is the sense of community at MAC, which many find priceless.

What's not to love about becoming a MAC member? But the Scholar Athlete program enhances the sense of community at MAC as well. By integrating young athletes into the club, MAC fosters an environment where members of all ages can interact, learn from each other, and build lasting relationships. These young athletes bring fresh energy and diverse perspectives, enriching the club's culture and promoting a vibrant, inclusive community.

This year, three recent high school graduates reflected on their most meaningful experiences as Scholar Athletes. Each shared how the program has been instrumental to their growth, demonstrating its profound impact not only on participants, but also value to the club community itself.



STRENGTHENING THE COMMUNITY

Scholar Athlete Indie Browning (2022), a basketball player from Beaverton High School, says MAC has been a cornerstone in her athletic journey, especially after a significant injury. "I started in June of my sophomore year, and since then, the MAC has been a second home to me. I fractured my back at the end of the season, and the club

had all the equipment I needed for my recovery. It was a game-changer," she recalls. "The community at MAC is incredibly supportive. When I started, I was nervous because there weren't many young females. But everyone made me feel comfortable. Now, it's one of my favorite places."

Browning often came to the club at 5 a.m., appreciating the early opening and the opportunity to practice basketball and center herself before school started — an opportunity other gyms with later opening times would not have provided.

She also highlights the social benefits of the club: "Because I can bring a friend as a guest, I've brought all my teammates at least once. The connections I've made, both with peers and staff, have been invaluable. MAC has helped me in my sport and training, contributing to my scholarship at Montana State University. It's always been my goal to play professionally, and the club has played a huge part in that."

Browning highlights the unique opportunities provided by the foundation, such as attending an event where she met former collegiate and Olympic athletes. "They talked about finding who you are outside of athletics and how you can give back to the community," she says. "It was perfect timing — right after my injury — and really inspiring."



FOSTERING LIFELONG ATHLETES

The Scholar Athlete program often cultivates lifelong athletes at MAC. Scholar Athlete Andrew Keller (2022), a multi-sport athlete from La Salle Catholic College Preparatory who plays basketball and baseball, appreciates the high-quality facilities and welcoming environment. Keller, who is committed to attending Gonzaga University in Washington this fall, values the environment at MAC. “The weight room is insane,” he says.

Speaking to the sense of belonging he feels, Keller says, “Even during busy times, everybody is super nice, and the staff and trainers are always ready to help. The place is really fun, and I love being there.”

This positive experience fosters a lasting connection to the club, encouraging young athletes to remain advocates for MAC in the future. At the same time, the club’s role in nurturing youth athletics and personal development amplifies its standing in the broader community.



BUILDING A LEGACY OF EXCELLENCE

Donny Greenberg, a wrestler, baseball, and football player from Milwaukee High School, was selected as a Scholar Athlete in 2022. He hopes to attend Clark Community College in Vancouver, Washington, to play baseball.

Greenberg says he found MAC essential during his recovery from shoulder surgery. “I couldn’t work out at school, so I went to the club almost every day. The equipment and recovery tools are incredible. It helped me stay in shape, even when I couldn’t move my arm.”

Greenberg appreciates the camaraderie and mentorship found within the community. He praises the facilities and support from trainers like Garrett Schnell, who helped him with a customized workout plan post-surgery. While Scholar Athletes benefit from interactions with experienced coaches, trainers, and successful athletes, MAC employees — and members — gain the opportunity to mentor and inspire the next generation. This dynamic creates a rich network of relationships that benefit the entire community.

This collaboration enhances MAC’s ongoing reputation as a leader in supporting youth athletics and education and helps attract new members who value a club that supports young people.



GUIDANCE, TRAINING & INSPIRATION

MAC personal trainer Aria Jeremiah says she enjoys the positive impact young athletes have in the club. The former chef now serves as the head coach for dry-land training with the middle- and high-school artistic swimming group, and an assistant coach for the high school “Silver Seniors” synchro team.

Working with the teams on resistance training and Olympic lifting to enhance their power and flexibility — along with being available for Scholar Athletes in the weight room — has given her a deep appreciation for their commitment.

“I have never met a harder working group of young people in my life. Their dedication to their sport inside and outside the pool is

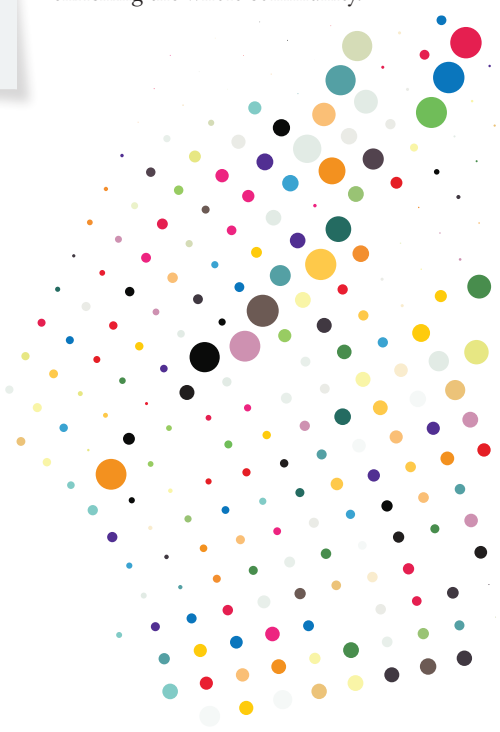
insurmountable,” she explains. She highlights the students’ demanding schedules, which include early practices, school, additional training and homework. Their hard work and discipline inspire and impress her regularly.

Jeremiah finds the Scholar Athletes’ adaptability remarkable and believes their presence at MAC benefits other young members by setting an example of diligence and dedication. “These youth have worked their way into being members. It is inspiring to see what hard work looks like in any way, shape, or form.”

BEYOND ATHLETICS

Jeremiah appreciates how MAC’s resources give the club its ability to provide opportunities and scholarships, describing it as a blessing. “What is cool is we have the ability to do so — and so we do.” She notes the transformative impact of the program on young athletes’ lives, both during and after their time at MAC, highlighting the value of a supportive community. “The program changes lives in more ways than we understand. It continues to change their lives even after they leave.”

As the newest class of Scholar Athletes steps into this vibrant community, MAC and the foundation welcomes them. Together, this collaboration provides the gift of fostering lifelong connections, supporting young athletes in their journey to excellence, and enriching the whole community.



2024 MAC SCHOLAR ATHLETES

This year, 27 sophomores received the honor of being named a Scholar Athlete. They shared some of their favorite things at the June Media Day and welcome event. Their responses reflect the diverse inspiration and activities they bring to the MAC community.



ETHAN DUSICKA

● Beaverton High School

Favorite class: Calculus

Sports: Tennis, swimming, and soccer

Advice: Find something you're good at and enjoy and stick with it.



KELYN JOHNSON

● Benson High School

Favorite subject: Math

Sport: Basketball

Advice: Always have fun, and don't let negative people ruin your love of the game.



MARLI PHELPS

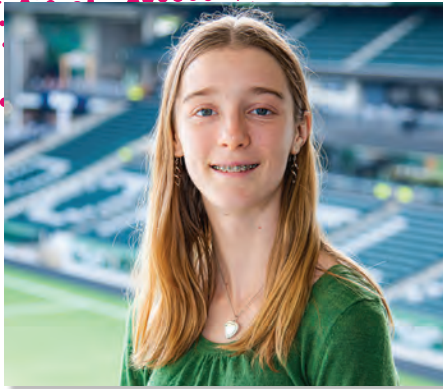
● Central Catholic High School

Favorite subject: English

Sports: Soccer, track, and basketball

Inspiration: My nana, Marilyn. She builds a great relationship with people.

PHOTOS BY BRANDON DAVIS



ABBY NESMITH

● Clackamas High School

Favorite subject: Math

Sports: Volleyball, cross country, and track

Advice: Don't be afraid to try as many times as you want while you have time.



ARLO COPONY

● Cleveland High School

Favorite class: IB Physics

Sports: Baseball and surfing

Inspiration: Derrick Miramontes is one of my baseball coaches. He is always pushing me to get better, and he's always positive. I've worked with him for over five years.



LUKE REEVES

● David Douglas High School

Favorite subjects: Social Studies and history

Sports: Basketball and tennis

Advice: Stay involved in sports activities.



TESSA RIVARD

● Franklin High School

Favorite subject: Math

Sports: Cross country and track

Advice: Being competitive and dedicated is as important as your rest.



LUCY KAPRANOS

● Grant High School

Favorite class: Sports marketing

Sports: Soccer, basketball, and lacrosse

Advice: Be a hard worker for your teammates and respect their work ethic.



ZORINA JOHNSON

● Ida B. Wells High School

Favorite subject: Physics

Sports: Wrestling, football, and track

Inspiration: Wrestler Aaron Brooks, a high school, collegiate, and Olympic team member.



MIMI THOMPSON

● Jesuit High School

Favorite subject: Science

Sports: Cross country, track, and ski teams

Inspiration: My older sister, Kate. She is going to medical school next year at OHSU. I watched her volunteer at lab, study in the MCAT, and live a really balanced life. I'm proud of her.



JOHN RASK

● La Salle Preparatory

Favorite class: Honors English

Sports: Football, swimming, and tennis

Advice: Try everything, even if you don't know what you're doing. Mistakes are OK — just learn from them.



TAYLOR SHELDON

● Lake Oswego High School

Favorite subject: Math

Sports: Cross country, basketball, and track

Inspiration: My parents, because they always push me to be the best person I can be.

2024 MAC SCHOLAR ATHLETES



ELLIE WANG

● Lakeridge High School

Favorite subject: Spanish

Sports: Tennis and dance team

Inspiration: Coach Taylor, my dance coach, who is positive and pushes us to be our best.



TILLY DETTLING

● Lincoln High School

Favorite subject: Math

Sports: Track, cross country, and swimming

Advice: Enjoy what you're doing. Listen to your coach.



LUCAS MCCALL PETKE

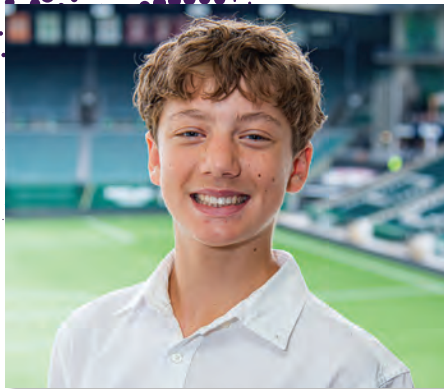
● McDaniel High School

Favorite subject: History

Sport: Wrestling

Inspiration: My grandma on my mom's side, Caroline McCall. Almost everyone who met her would say she was the nicest person they'd ever met.

PHOTOS BY BRANDON DAVIS



ARLO SCHMIDT

● Milwaukie High School

Favorite class: AP Psychology

Sports: Track, cross country, and basketball

Inspiration: My running distance coach, John Hodney, because he constantly drives over 45 minutes to practice to keep us.



NATALIE KAWAGUCHI

● Mountainside High School

Favorite subject/classes: Science – Chemistry and Physics

Sports: Softball, soccer, and wrestling

Advice: Time goes by fast. Really enjoy and love the game you're playing.



MOLLY NELSON

● Nelson High School

Favorite subject/class: Math/Algebra

Sports: Cross country and track

Inspiration: Allie Ostrander. She's very open to the public and talks about her struggles as a pro runner. I think it's good to talk about the good and bad.

2024 MAC SCHOLAR ATHLETES



JUNI NAPAA

● Parkrose High School

Favorite subjects: History and Math

Sports: Football and volleyball

Inspiration: Dad demonstrates dedication and love.



AIDAN BROWN

● Rex Putnam High School

Favorite subject: Chemistry

Sports: Football and wrestling

Inspiration: My dad, because he works hard and gets things done.



CAROLINA ALONSO

● Roosevelt High School

Favorite class/subject: AP Language – English, writing, analysis

Sports: Basketball, track, and soccer

Inspiration: Basketball coach Nike Greene, who cares about building community and is dedicated to players.

PHOTOS BY BRANDON DAVIS



ADELAIDE WASNICK

● Southridge High School

Favorite subject/class: English Lit and Composition

Sports: Cross country and track

Advice: Persistence and consistency pay off.



ALISA SAFINA

● St. Mary's Academy

Favorite class: Honors History

Sports: Skiing (alpine and giant slalom), cross country, and track

Advice: Pick one thing and stick to it. Apply yourself.



DELFINA ARRACHE

● Sunset High School

Favorite subject: Math

Sports: Soccer, swimming, and flag football

Inspiration: My dad. I really look up to him a lot. He's gone through so much, and he's still standing strong and is there for his family.



HALEY BARNACHEA

● Tigard High School

Favorite classes: Anatomy and Physiology

Sports: Tennis

Advice: Don't overwork yourself. Find balance.



KIMBALL CRANER

● Tualatin High School

Favorite subject: History

Sports: Mountain biking and water skiing

Advice: Put in the work and effort. Make sacrifices and it will pay off.



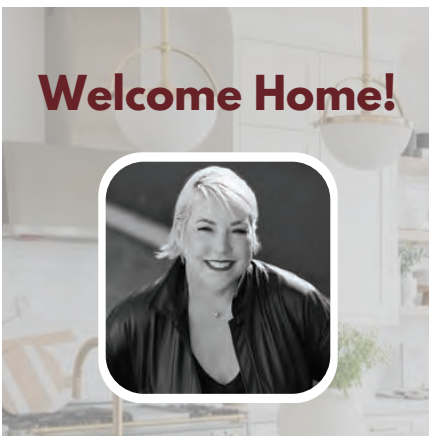
KYLIE FRANTZ

● Westview High School

Favorite class: Child development

Sports: Softball and basketball

Advice: Fall in love with your sport.



Welcome Home!

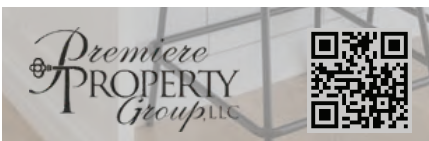


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