



**Oscar Moline – Hood River Valley**

**Oscar** is a member and captain of the boys soccer team at Hood River Valley. Moline joined the varsity team as a freshman and has been in mainstay of the startling line up over the last two seasons. This past season Moline earned first-team all-conference and first-team all-state honors while leading Hood River Valley to the 5A Boys Soccer State Championship game.

In the classroom Moline earned a 4.0 GPA, but excelling in education didn't mean he just focused on himself. When it was brought to his attention that some members of the soccer team were struggling with academics, Moline took it upon himself as the team captain to create team study sessions. This ensured that academics were a priority and that all his teammates maintained their academic eligibility to play soccer as well. As Moline said himself, "My teammates are my family on and off the field."

**Landon Mitchell – Heppner**

**Landon** is a two-sport athlete at Heppner High School, playing both football and boys basketball. As a teammate, Mitchell leads by example.

When he suffered a season ending collarbone injury, he made sure to find ways to contribute. He talks to his coach and was given the task of running the scout team. Mitchell showed up early to watch as much film as possible, and his status as a team leader made all his teammates gravitate to him as he shifted to more coaching role. That leadership role, whether as a star player on the field or helping on the sideline, required Mitchell to really understand those around him. "Having empathy is crucial to being a successful teammate," said Mitchell. "Understanding the feelings of my peers allowed me to be more attuned to the emotions and needs of my teammates and how to best offer them support and encouragement. It is important to recognize the value of each role and make sure everyone feels valued and respected."

**Katelyn Senn – Bandon**

**Katelyn** is a three-sport athlete at Bandon High School, playing girls basketball, volleyball, and track and field — winning a state championship for Bandon Girls Track and Field this past season.

To Senn, selflessness is a major part of being a great teammate. As a star on the basketball team, she understood that it didn't matter who scored, as long as the team found success. It was never about the individual. And when the team found success working together, each member became the best version of themselves. Said Senn, "I never took any credit by myself, because, honestly, I wouldn't have been the player I was and am today without my teammates pushing me and helping win the success we had."