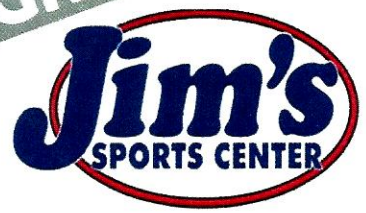




Athlete *of the* Week

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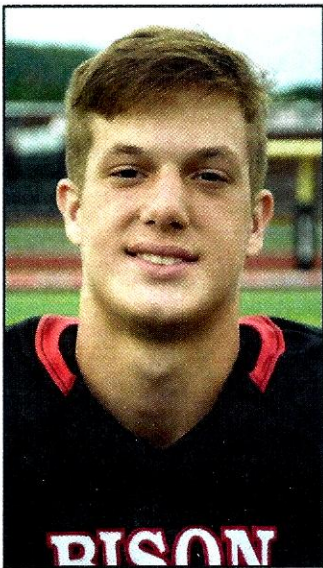
We Are Proud To Salute:

AND ...

Clearfield football player Micah Heichel has been named The Progress' male athlete of the week for the week ending Sept. 10.

Heichel caught seven passes for 190 yards and two touchdowns against Central, including a game-winning 35-yarder on a fourth down play with one minute left to play. Heichel also had six tackles and forced a fumble in the contest.

"Micah has been very consistent for us all year," Clearfield head coach Tim Janocko said. "He has outstanding athletic ability and he brings a lot to the table in size and speed."



Micah Heichel

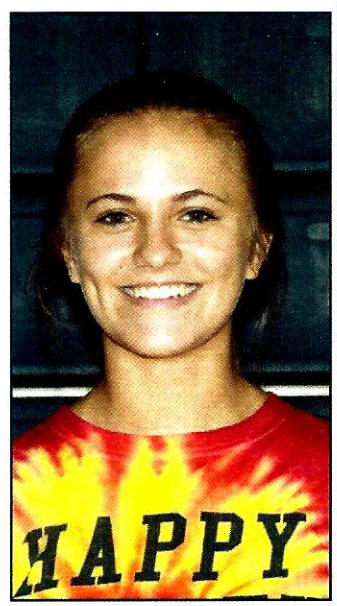
Name: Micah Heichel.
School, Grade: Clearfield, 11th.
Parents: Phil Heichel and Louette Heichel.
Siblings: Caleb and Jill Heichel.
Pets: a dog.
How long have you been playing football? "Five years."
Greatest accomplishment: "Getting inducted into the German Honor Society."
Biggest rival: Central.
Pre-game ritual: Pray before the game.

Favorite team: Pittsburgh Steelers.
Favorite athlete: Cam Newton.
Favorite food: steak.
Favorite restaurant: Texas Roadhouse.
Favorite movie: None.
Favorite book: None.
Favorite subject: Math.
Favorite TV show: None.
Favorite musician: Chris Lane.
Dream car: Range Rover.
Hobbies: hunting and fishing.

Philipsburg-Osceola volleyball player Mackenzie Welker was named The Progress' female Athlete of the Week for the week ending Sept. 10.

Welker had 22 service points and four aces against Clearfield to lead the Lady Mounties to a three-set victory over the Lady Bison.

"Mackenzie has shown great improvement in her play at the net and has been one of our most consistent servers," said P-O head coach Dave Eckberg. "She carried us through the match against Clearfield when we were struggling as a team."



Mackenzie Welker

Name: Mackenzie Welker.
School, Grade: Philipsburg-Osceola, 11th.
Parents: Heather and Matt.
Siblings: a brother, Ian.
Pets: two dogs and a lizard.
How long have you been playing volleyball? "Since third grade."
Greatest accomplishment: "Learning to jump serve."
Biggest rival: Bald Eagle Area.
Favorite team: Pittsburgh Pirates.

Favorite athlete: Andrew McCutchen.
Favorite food: chicken.
Favorite restaurant: Applebees.
Favorite movie: The Conjuring 2.
Favorite book: The Fault in our Stars.
Favorite subject: art.
Favorite TV show: Greys Anatomy.
Favorite musician: Post Malone.
Dream car: Dodge Charger.
Hobbies: hanging out with my friends and adventuring with my boyfriend.