

PACIFIC COAST ATHLETIC CONFERENCE / NOV. 7, 2011

Cuyamaca's Kohl, Palomar's Arthur honored by PCAC

The Pacific Coast Athletic Conference has honored Cuyamaca College soccer player Laura Kohl and Palomar volleyball player Jaycee Arthur as its Women's Athletes of the Week.

Kohl, a freshman forward from Granite Hills High School, has scored goals in each of her last three games as the Coyotes, who have lost only to unbeaten Miramar, won three more times to advance to 12-1-4 on the season, 9-1-2 in conference.

Kohl, who is tied for the Coyotes' team lead in points, scored the only goal of the game in a 1-0 win over MiraCosta, tallied the only goal in a 1-0 victory over San Diego Mesa and added a goal in a 5-2 win vs. Palomar.

Arthur, a 5-foot-10 sophomore outside hitter from Ramona High School who ranks in the top 10 in Southern California with 2.91 kills per set, put down 21 kills last week as the Comets improved to 7-2 in conference.

Arthur had 10 kills in a come-from-behind, 20-25, 25-13, 25-10, 25-23 win over Imperial Valley and 11 kills as Palomar swept San Diego City 25-15, 25-18, 25-19.

Honorable mention went to Mesa water polo players Kenzie Kriesmer and Ashlee Smith, Mesa volleyball player Missy Glassett, San Diego City soccer player Melissa Arauz and San Diego City volleyball player Tessa Butterfield.

Kriesmer, a freshman utility player from Canyon Crest Academy, was the offensive power in the Olympians' run through the PCAC tournament as Mesa, which finished third during the regular season, won three games to capture the conference championship. She scored four goals in a 6-2 semifinal win over Grossmont and six goals as the Griffins downed regular-season champion Palomar 8-6 in overtime in the finals.

Smith, a freshman goalie from El Diamante High School in Visalia who shared PCAC Athlete of the Week honors on Oct. 9, had a season-high 15 saves, four in the two overtimes, in the Olympians' championship-game win.

Glassett, a freshman setter from Escondido Charter High School, contributed 27 assists, 5 kills (with a .620 hitting percentage), 7 digs, 2 blocks and an ace in a 3-0 sweep of Cuyamaca. She came back with 38 assists, 5 kills and 0 errors on 9 attempts, a .556 hitting percentage, 3 blocks and 2 aces in a 5-game loss to Grossmont that dropped the Olympians into a tie for first place with the Griffins.

Arauz, a freshman midfielder/forward from Sweetwater High School, had two goals and two assists in City College's 5-2 victory over Grossmont.

Butterfield, a freshman outside hitter from Nevada Union High School in Grass Valley, CA, recorded 9 kills, 1 block, 4 aces and 20 digs for the week in two losses.

PCAC 2011-2012 WOMEN'S ATHLETES OF THE WEEK

Sept. 4	Savannah Allen, San Diego City College	Volleyball
Sept. 11	Ayded Reyes, Southwestern	Cross Country
	Alina Duran, San Diego Mesa	Water Polo
Sept. 18	Denise Devine, Grossmont	Volleyball
	Allyson Sherwood, San Diego Mesa	Soccer
Sept. 25	Taylor Crandall, Palomar	Golf
	Danielle Deeb, Miramar	Soccer
	Jacquelyn Stewart, Cuyamaca	Soccer
Oct. 2	Chelsea Almario, Grossmont	Volleyball
	Asia Machitar, San Diego Mesa Volleyball	
Oct. 9	Ashlee Smith, San Diego Mesa	Water Polo
	Naiomi Tilford, San Diego Mesa	Volleyball
Oct. 16	Stephanie Kranz, MiraCosta	Soccer
	Heather Chance, Palomar	Water Polo
Oct. 23	Sandra Castro, Miramar	Soccer
	Gabriella Clark, Grossmont	Volleyball
Oct. 30	Kate Newman, San Diego Mesa Soccer	
	Laura Kohl, Cuyamaca	Soccer
Nov. 7	Jaycee Arthur, Palomar	Volleyball