

PACIFIC COAST ATHLETIC CONFERENCE / OCT. 4, 2011

PCAC honors Coyotes' Stewart and Griffins' Almario

The Pacific Coast Athletic Conference has named Cuyamaca College soccer player Jacquelyn Stewart and Grossmont volleyball player Chelsea Almario as Women's Athletes of the Week.

Stewart, a freshman forward from Granite Hills High School, is a major reason the Coyotes are unbeaten on the season and tied for first place in the conference with Miramar. Last week, she scored all three goals in a 3-1 win over San Diego City College and played a key role setting up teammates as Cuyamaca handed MiraCosta its first conference loss 2-1.

Almario, a sophomore outside hitter from Eastlake High School, recorded 14 kills in Grossmont's 25-20, 25-21, 25-18 sweep of Santa Ana and came back with 16 kills in a 25-10, 25-13, 25-13 conference victory over Southwestern. She had a .510 hitting percentage and .612 hitting percentage for the week, while also contributing four aces, three blocks and 16 digs. She's played a key role in the Griffins' 10-1 record to date.

Honorable mention went to San Diego Mesa water polo player Mojgan Malekpour, Mesa volleyball player Missy Glassett, Mesa cross country runner Hayley Brown, MiraCosta soccer player Stephanie Kranz and San Diego City College volleyball player Celene Cook.

Melekpour, a sophomore center forward from Mt. Carmel High School, played an integral role during a week in which the Olympians won four of five games. Melekpour contributed a team-leading 11 goals and earned 14 ejections by opposing players. Mesa went 3-1 in its own tournament, defeating Los Angeles Trade Tech 13-5, Sierra 6-5 in overtime and Citrus 15-4 while losing only to state sixth-ranked Chaffey 12-8.

Glassett, a freshman setter from Escondido Charter High School, has earned recognition from coach Kim Lester for her "ultra-competitive" style in leading Mesa with a .302 hitting percentage. The Olympians' co-captain recorded 21 assists, three kills and nine digs in a 25-22, 25-20, 25-16 loss to state No. 14-ranked Irvine Valley and had 38 assists, six aces and 12 digs in a 23-25, 25-13, 25-13, 25-12 win vs. San Diego City.

Brown, a freshman from Sonora High School in Sonora, CA, ran the 5K course in 19:56.9 in the Southern California Preview Meet at Geisti Regional Park in Rancho Cucamonga. She placed 31st out of 257 runners, the best finish by a PCAC runner.

Kranz, a sophomore goalkeeper from San Dieguito Academy, recorded her third straight shutout in conference play in helping lead MiraCosta to a 4-0 victory over Southwestern. The Spartans remained undefeated in the conference with the win, but Cuyamaca tagged them with their first PCAC loss later in the week.

Cook, a sophomore middle blocker from Leigh High in San Jose who is only 5 feet, 9 inches tall but has a 25-inch vertical jump, recorded six kills, one ace and two blocks in the Knights' four-game loss to state No. 21-ranked Mesa. She also came in and played stellar defense vs. the Olympians, a rarity as middle blockers rarely play the on the back row.

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
Oct. 2	Jacquelyn Stewart, Cuyamaca	Soccer
	Chelsea Almario, Grossmont	Volleyball