WOMEN’S SOCCER
Emily Palmer scored in the 52nd minute to pace Cabrillo, which shut down host Foothill 1-0 in a Coast Conference game.

Seahawks goalie Andi Underwood made seven saves in the shutout, which evened Cabrillo’s conference record [3-3] and gave Foothill its first conference loss.

■ William Jessup University defeated Bethany 4-1 in California Pacific Conference play.

The Bruins [1-5-1 overall, 1-3 in conference] play at Simpson College in Redding at 1 p.m. Tuesday.

MEN’S SOCCER
Edgar Bedolla scored in the 72nd minute to give Cabrillo a 1-1 tie with visiting City College of San Francisco.

The Rams struck early with a goal in the 13th minute, but Cabrillo goalie Cory Calder shut them out for the rest of the game.

Bedolla found the net on a free kick from the top of the box to tie.

Cabrillo [1-3-1] visits West Valley at 1:30 p.m. Tuesday.

■ Bethany beat visiting William Jessup University 3-2 in the California Pacific Conference.

The Bruins [5-4, 3-2] are now third in the standings behind Holy Names [first] and William Jessup [second], according to the CalPac website.

Bethany plays at Simpson College in Redding at 3 p.m. Tuesday.

WOMEN’S WATER POLO
Cabrillo suffered its first Coast Conference loss, falling 12-3 to host Foothill.

Kayla Barbera scored twice and goalie Lily Berger made seven saves for the Seahawks [9-7, 2-1].

LOCAL ROUNDUP
Cabrillo handles MPC without standout Clark

Seahawks shake off wobbly start to remain undefeated

By BRYCE BROWN
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APTOS — The Cabrillo College women’s volleyball team beat Monterey Peninsula College 25-22, 25-12, 25-11 on Friday night, and it did it without one of its biggest players.

Cabrillo played the match, once again, without standout 6-foot-1 middle blocker Sierra Clark. Clark, a 2010 San Lorenzo Valley High graduate, sustained a concussion last week after she was hit in the head by a volleyball. She has missed the last two matches.

Coaches said they expect her to return to action next week, when the Seahawks travel to Gavilan — the Rams are expected to be one of the biggest challenges facing the Seahawks in their hunt for the Coast Conference South title.

Summer Mitchell assumed the middle blocking duties in Clark’s absence. Mitchell finished the match with 10 kills on 23 attempts.

Brooke Carroll, the team’s setter, handed out 41 assists.

The Seahawks, ranked No. 1 in the state by the California Collegiate Athletic Association, improved their overall record to 16-0 with a 3-0 record in Coast Conference play.

Cabrillo got off to a slow start in this match. Stout defense from MPC coupled with attacking errors from Cabrillo made for a close, competitive first game. MPC [11-6, 0-3], ranked No. 15 in the state at the beginning of the week, won several long rallies in the middle of the game, including one that put the Lobos up 13-11.

“We started off a little slow,” said Cabrillo head coach Gabby Houston-Neville.

The Seahawks never let their opponent get too far ahead, however. They were able to string together a series of points at the right time en route to a 25-22 win.

The second game was more of what Cabrillo fans have come to expect from their women’s volleyball program this season. The Seahawks scored nine consecutive points before MPC got on the scoreboard.

“We made some serving adjustments in the second game,” said Houston-Neville.

Sophomore outside hitter Ally Russo played an integral part in Cabrillo’s domination of the second set. She converted nearly half her attacks into kills in the match, ending with 17 in 39 attempts. She also contributed significantly on defense, digging out a number of MPC’s attacks.

Libero Michelle Meyer led the team with 21 digs on defense.

Game 3 looked to be more competitive than Game 2. Cabrillo led 9-8 when middle blocker Skyler Moon won a joust at the net to put the Seahawks up 10-8. Cabrillo went on to win 10 of the next 11 points. The team would eventually win the game 25-11.

The sweep extends the Seahawks’ season-opening win streak to 16 games. Their undefeated record should be enough for them to retain the top spot in the California Community College Athletic Association rankings. Cabrillo’s next match is Wednesday at 6:30 p.m. at Gavilan. The Seahawks’ next home match is Friday when they host Hartnell at 6:30 p.m.