Carroll named MVP

Sentinel staff report

Cabrillo College freshman Brooke Carroll was named Coast Conference MVP a day after the Seahawks women’s volleyball team received a No. 1 seed going into the regional tournament.

Carroll, a setter who ranked second in the state with 11 assists per game, was also named first-team all-state and second-team all-American. She graduated from San Lorenzo Valley High.

Cabrillo coach Gabby Houston, who guided the Seahawks to a 25-1 record — including 10-0 in conference play — was named Coach of the Year for both the Northern California region and the conference.

Sophomore outside hitter Ally Russo made the all-NorCal and all-conference first teams, and Skyler Moon and Michelle Meyer were named all-conference players.

The Seahawks get their first chance to back up their awards when they host No. 16 College of the Sequoias in the Northern California regional tournament at 7 p.m. today.