Cabrillo College's Chloe Tushar (10) and Skyler Moon combine to block against De Anza in the final match of the regular season Wednesday in Aptos. The Seahawks received the top seed in the Northern California playoffs, and will host College of the Sequoias tonight at 7.

Cabrillo earns top seed for NorCals and slew of awards

The Cabrillo College volleyball team is reaping the rewards of a standout regular season: the No. 1 seed in the Northern California playoffs and a slew of individual Coast Conference and state awards.

As the top seed, Cabrillo (25-1) will host all its NorCal matches, beginning tonight at 7 against College of the Sequoias. There are three rounds in NorCals, and the top two teams will advance to the state championship Dec. 4.

Freshman setter Brooke Carroll, who ranked second in the state with 11 assists per game, highlighted the individual honorees. She was named MVP of the Coast Conference and was selected first-team All-State and second-team All-American.

Sophomore outside hitter Ally Russo, meanwhile, was named first-team All-NorCal and was joined as a member of the All-Coast Conference first team by two teammates, sophomore middle blocker Skyler Moon and freshman libero Michelle Meyer.

Sophomore outside hitter and freshman middle blocker Summer Mitchell were given honorable mention in the Coast Conference.

Also, Seahawks coach Gabby Houston-Neville was named Coach of the Year in both the Coast Conference and in Northern California.