

# Seahawk women beat Mission

## SC's Shimomura commits to Cal

*Sentinel staff report*

Cabrillo College's women's soccer team routed host Mission College 6-0 and the Seahawks improved to 9-2 overall with the nonconference victory Friday.

Karina Shore, Heather Connor, Alana Migliardi, Emily Palmer, Keara McCullough each had a goal and an assist for the Seahawks.

Yazmin Juarez, Sara Ostlund and Madisyn Cullem split goalkeeping duties for Cabrillo, which will travel to Chabot College at 2 p.m. Tuesday.



BILL LOVEJY/SENTINEL

Frank Murillo pushes the ball upfield for the Seahawks against Hartnell on Friday.

### WOMEN'S WATER POLO

Ashley Jennings scored seven goals on the day as Cabrillo suffered a 16-6 loss to Sierra and also beat San Joaquin Delta 8-7 in overtime at the Big 8-Coast Cross Over Tournament in Rocklin.

Keeper Lily Berger added 15 saves on the day.

Cabrillo [5-9 Coast Conference] continues tournament play today against Santa Rosa at 8:30 a.m. and Fresno City at 1:30 p.m.

### MEN'S SOCCER

Cabrillo was shut out by visiting Hartnell 4-0. The Seahawks fall to 4-3 in Coast Conference South competition with the loss.