CABRILLO

Continued from B1

satisfaction.”

The Seahawks are seniors-dominated
in both the offensive and defen-
sive line and also return their star-
ing quarterback, sophomore Lucas Romanelli (5-foot-10, 180 pounds). The lead
player was Valley Christian High of Dub-
lin, a walk away from the ruins of the
Seahawks’. Penael offensive line this
season after quitting time with Brent Mey-
er last season.

Romanelli compiled 63 percent of his passes for 207 yards and 13 touch-
downs in 2012. One of Romanelli’s primary targets will be McSwain (5-11, 185), who led the
Seahawks in receiving yardage with
48 yards and added two touchdowns last season.

The defense will be led by all-con-
fERENCE linebacker and Pajaro Valley
safety Jeff Holbert (6-1, 200), Holbert
led the team in tackles with 63 and in
the Seahawks’ leading sack returner
with 4.1. Along with Holbert, Cabril-
lo returns defensive lineman Mousse
Kutna (6-5, 230) and senior Tight end
Chase Whitney (6-3, 220). Whitney
despite 59 yards of rushing. Whitney
“this is going to be a good game.

The secondaries will be led by defen-
sive back Lineo Cahill (5-11, 200) who
returns to the Seahawk for his third
season. Last season Cahill — a Har-
bor alum — tore his anterior cruciate ligament in the second week of the sea-
son and was granted a third season of
eligibility to play at Cabrillo. Cahill is
expected to continue to help in proving
that the third times the charm for him
at Cabrillo.

“Last season was unfortunate. I have
no ACL, and had to have surgery.” Cahill said. “I’m coming back strong,
though. Coach Penael (Seahawks) did my
therapy and helped me come back per-
fectly quick, so I’m feeling good and ready
for the season.”

The season will get underway on Sat-
urday when Cabrillo travels to the East Bay to take on Los Medanos. It begins
conference play Oct. 19, when it hosts
San Jose City College.

“A lot of nights, in order to win a con-
fERENCE title outright, you have to play
at a high level,” Cahill said. “We have
to continue to get better as a football
and eliminate mistakes when those opportunities present themselves. We
want to try to win a conference title outright.”

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