Cabrillo football gets 6 on all-Coast first team

Sentinel staff report

Cabrillo College's football program had six players named to the 2013 all-Coast Conference first team.

The Seahawks had three players named to the first-team offense (quarterback Lucas Romanski, Tige McSwain Jr. and lineman Dominic Adams), two named to the first-team defense (linebacker Darrion Williams and lineman Caleb Slaughter) and kick returner Dominic Bonner.

Romanski finished his sophomore season 109 of 199 for 1,515 yards with 20 touchdowns and three interceptions.

McSwain, also a sophomore, led the Seahawks (3-7, 2-3) in receptions (44), receiving yards (721) and touchdown receptions (nine).

Williams recorded 86 tackles, including 15.5 for a loss of yards. He had 3.5 sacks and two interceptions.

Slaughter, a converted running back, made 48 tackles with a team-leading 10.5 sacks.

Both Williams and Slaughter are freshmen, as is Adams. Bonner is a sophomore.

Eight Seahawks received all-conference honorable mention: offensive linemen Matt Sisco and Isreal Hamm, receivers Kyle Heskett and Jon Jon Moore, defensive lineman Chase Whitney, linebackers J.P. Holbert and Nikko Walker and defensive back Hayden Young.

WOMEN'S VOLLEYBALL

Cabrillo outside hitter Bria Morgan was voted as an AVCA All-American, first-team all-state and MVP of the Coast Conference. Libero Kaitlyn Connolly was voted all-NorCal and all-conference and setter Tyler Gasolina and middle Madison Borch were also voted to the all-conference team.