Local return from injuries to boost Cabrillo offense

By Ryan Miligan
sportswriter@csulb.edu

APTOP + The Cabrillo College football team was competitive most of its games last season. There was only one big problem. We kept shooting ourselves in the foot," sophomore running back Fabian Serrano said. "We could’ve won more games, but we lost a lot of games because of breakdowns during games." This year, the Seahawks return with some added motivation and awareness following a 3-7 season. The team will compete in the new American Coast Conference. "We are very excited about the group that we have," said Cabrillo coach Bob Carreros, who is in his eighth season with the Seashawks. "We just need to make sure we maintain our health and continue to progress in our scheme and in the technique that supports those tactics." Getting their health back this season for the Seashawks is a trio of Santa Cruz County stars who were either injured all last season, missed time due to injury or played hurt throughout the year. "Santa Cruz High alum Damien Bonner - a 2013 all-American Coast Conference selection - returns for his sophomore year as the leading receiver." Bonner, who last season caught 30 passes for 515 yards and five touchdowns, is coming into this year feeling 100 percent after fighting a nagging ankle injury in 2013. "It’s been a really good summer practice. They have been going really well," Bonner said. CABRILLO + PAGE 2

The Cabrillo-Seashawks practice passing plays at the Cabrillo College football field in Aptos on Monday.

The 2013 Record: 3-7-3
Coast Conference South
Offense: Multiple
Defense: 4-3
Key Newcomers: Ivan Aguad, OL, Fr.; Alex Borrall, DB, Jr.; Roger Contreras, RB, Fr.; Alejandro Manriquez, OL, Fr.; CJ Crowley, DB, Jr.; Armon Mowde, OL, Jr.; Max Novak, LB, Fr.; Noah Dreyer, OL, Fr.; Steven Ross, RB, Fr.; Lucas Sinton, LB, Fr.; Lamay Coward, WR, Jr.; Yasho Hennep_ARGUMENT, WR, Jr.; SF; Ar Wagon, RB, Fr.; Cameron White, TE, Fr.

TWO-MINUTE DRILL CABRILLO SEAHAWKS Coach: Bob Carreros (eighth season) 2013 Record: 3-7-3 Coast Conference South
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2014 CABRILLO SCHEDULE Saturday, Sept. 6: Contra Costa College, 7 p.m. Sept. 13: at Shasta College, 6 p.m. Sept. 20: vs. College of The Redwoods, 1 p.m. Sept. 27: at Hartnell College, 7 p.m. Oct. 4: at Monterey Peninsula College*, 6 p.m. Oct. 11: Bye Oct. 18: vs. City College of San Francisco, 7 p.m. Oct. 25: at Cerritos College*, 5 p.m. Nov. 1: at West Hills College, 7 p.m. Nov. 8: at San Jose City College, 3 p.m. Nov. 15: at Merced College*, 1 p.m.* Conference game For complete football coverage, including videos, visit online at: sossports.csulb.edu