Comets’ Zito, City’s Dincoff share Women’s award

The Pacific Coast Athletic Conference has selected Palomar College soccer player Valentina Zito and San Diego City College volleyball player Alyssa Dincoff as Women’s Athletes of the Week.

Zito, the Comets’ sophomore goalkeeper from Hackensack High School in Hackensack, New Jersey, leads the state in saves with 75.

Last week, Zito recorded saves on all three of El Camino Compton Center’s shots on goal as the Comets won 5-0. The result was reversed the next day and Compton was credited with a 1-0 forfeit when it was determined that Palomar had unintentionally used an ineligible player due to a rules misinterpretation.

On Friday night, Zito recorded 15 saves as the Comets notched a 1-1 tie on the road against San Diego Miramar, which came into the game with the No. 2 power ranking in Southern California.

Zito was second in the California in saves a year ago as a freshman after leading all season long until the last game. Norco’s Graciela Frias had nine saves in a 2-2 tie with Irvine Valley in the final game of the season compared to Zito’s five saves in a 5-3 win over Grossmont. That gave Frias 164 saves for the year compared to Zito’s 163 saves.

Dincoff, a freshman outside hitter from Fort Wayne, Indiana and a 3.7 honors student, is a huge reason City College’s volleyball team has started the season 6-2 and is in a three-way tie with Grossmont and Palomar for first place at 2-0 two matches into PCAC play.

Last week, Dincoff recorded 12 kills, 25 digs and two aces in a 21-25, 24-26, 25-17, 25-17, 15-13 marathon win over College of the Desert.

She came back with 13 kills, 17 digs and two aces in a 25-23, 25-12, 19-25, 25-15 victory over Southwestern. And in the San Diego City College tournament she totaled 40 kills, 85 digs and six aces as the Knights defeated Chaffey 3-1 and Skyline 3-0 before finally losing to Glendale (Arizona) 3-0. Glendale is off to a 17-0 start to the season.

Honorable mention went to Mt. San Jacinto soccer player Riley Lutwig, Grossmont water polo player Bailey DeCelles, MiraCosta volleyball player Madie Sims and San Diego Mesa soccer player Sarah Pullman.

Lutwig, a freshman goalkeeper from Big Bear High School, recorded five second-half saves, one of them on a penalty kick in the 70th minute, preserving the Eagles’ two-keeper shutout as Mt. San Jac ran its win streak to four by beating El Camino College 2-0. Lutwig has a goals-against average of 0.54 and a .905 save percentage after six games. Mt. San Jac is 5-1 to begin the season.

DeCelles, a sophomore from Granite Hills High School, a team captain and a returnee from Grossmont’s 2014 PCAC championship team, scored 12 goals in six games last week. One of them was the game-winner as the Griffins defeated Palomar 10-9 in sudden-death overtime.
Sims, a 6-foot-1 sophomore middle blocker from Aztec High School in Aztec, New Mexico, had nine kills, hitting .538, and also had two digs and a block assist as the Spartans dropped a 19-25, 25-18, 25-22, 25-20 decision to last year’s state community college tournament third-place finisher Grossmont. Two days later, in only two sets, Sims had five kills off eight attempts and zero errors, hitting .625, in a 25-21, 25-14, 25-11 sweep of Imperial Valley. She also had two block assists. Sims is hitting a .433 attack proficiency in conference after three matches.

Pullman, a forward from Horizon Christian High School, helped right the ship for Mesa’s soccer team as she scored the second goal in a 2-2 tie with Citrus, then came back with two more goals vs. College of the Desert to help secure the Olympians’ first win of the season, 4-1. Going into last week, traditional power Mesa was 0-5 against a strong early schedule which saw the Olympians face perennial playoff powers Santa Barbara City College, San Bernardino Valley and Rio Hondo to start the season.