PCAC picks Mt. San Jac’s Ludwig, Spartans’ Sizemore

Mt. San Jacinto College soccer player Riley Ludwig and MiraCosta volleyball player Brianna Sizemore have been selected by the Pacific Coast Athletic Conference as Women’s Athletes of the Week.

Ludwig, Mt. San Jac’s freshman goalkeeper from Big Bear High School, recorded two more wins in the box as the Eagles ran their win streak to six games with back-to-back 1-0 victories over Palomar on Tuesday and MiraCosta on Friday.

Ludwig had 15 saves for the week, seven against the Comets and eight vs. the Spartans as the Eagles upped their overall record to 7-1 and their record in the PCAC Northern Division to 2-0. She’s notched three shutouts in a row.

Sizemore, a sophomore outside hitter from Carlsbad High School and a returning All-PCAC first-team selection, continued to have an outstanding season for the Spartans.

Sizemore had 10 kills and seven digs as MiraCosta swept Mt. San Jacinto 25-21, 25-19, 25-14. Two nights later, she led the way in a 25-10, 25-14, 25-19 sweep of Cuyamaca with 14 kills, hitting .370. She’s fourth in the conference on the overall season with a 3.39 in kills per set and third in the PCAC for conference matches at 3.78.

Honorable mention went to San Diego Mesa water polo player Bailey Wickliffe, Mesa soccer player Kimberly Mederos, Southwestern soccer player Karina Quiroz and San Diego City College volleyball player Chloe Gruwell.

Wickliffe, a sophomore center-forward from El Diamante High School in Visalia, had 21 goals, five assists and 13 steals in helping lead the Olympians (12-1, 5-0 in conference) to a conference victory, then to a second-place finish in the 18th San Diego Women’s Classic hosted by San Diego Miramar College and Mesa. After scoring 4 goals in an 8-4 PCAC win over Grossmont earlier in the week, she skipped the Women’s Classic opener to attend a class, then came back in the tournament with 6 goals in an 11-4 win over Citrus, 6 goals in a 9-4 victory over Grossmont and 5 goals in a 9-8 loss to San Joaquin Delta in overtime in the championship game.

Mederos, a freshman forward from Chula Vista High School, has 19 points with seven goals and five assists for the Olympians and has helped lead them to three straight wins as they’ve battled back from a 0-5-2 start. Last week she had one goal and three assists in an 11-0 win over Imperial Valley and contributed three goals and two assists in a 13-0 victory over Cuyamaca.

Quiroz, a freshman midfielder out of Sweetwater High School, scored an unassisted goal in the 61st minute to break a tie and lift Southwestern to a 2-1 win over San Diego City College for their third straight win. The previous Friday, she ignited a 16-0 win vs. Imperial Valley with four goals and three assists. On the season, Quiroz has eight goals and 16 points.
Gruwell, a freshman outside hitter from Shadow Ridge High School in Las Vegas, had strong performances against two state-ranked teams last week. She had 11 kills, two aces, a block and 14 digs in a 25-22, 20-25, 25-21, 25-21 loss to No. 17-ranked Mesa and came back with 12 kills, two blocks and 14 digs in a 25-16, 25-23, 25-16 loss to No. 7 Grossmont.