

PACIFIC COAST ATHLETIC CONFERENCE / SEPT. 11, 2017

PCAC picks Coyotes' Thiros, Knights' Serna for AOTW

The Pacific Coast Athletic conference has honored Cuyamaca College cross country runner Alexia Thiros and San Diego City College volleyball player Lysette Serna as Women's Athletes of the Week for Sept. 4-10.

PCAC 2017-18 WOMEN'S ATHLETES OF THE WEEK		
Sept 4	Demaris Aguila, Southwestern	Soccer
	Felicia Marshall, Grossmont	Volleyball
Sept. 11	Alexia Thiros, Cuyamaca	Cross Country
	Lysette Serna, San Diego City College	Volleyball

Thiros, a sophomore from Patrick Henry High School, placed second behind Riverside City College's Sara Hollis in the Palomar Invitational over 5 kilometers at Guajome Park on the Oceanside-Vista border.

She ran 19:50.9 and led the Coyotes to second place in team scoring behind the powerhouse RCC Tigers in the process.

Serna, a 5-foot-7 sophomore outside hitter/opposite/Libero out of Montgomery High School, recorded 53 kills for the week as the Knights defeated Golden West, East Los Angeles and the Cal Lutheran JV to advance to 5-0 on the season.

Serna contributed 14 kills in the 23-25, 25-21, 25-22, 25-23 victory over Golden West; 19 kills in a 25-18, 25-19, 25-17 sweep of East L.A. and 10 kills in a 25-21, 25-17, 21-12 sweep of the Cal Lutheran JV.

She is averaging 11.5 kills per set on the year.

HONORABLE MENTION

Rose Hauser (Southwestern Soccer), the Jaguars' sophomore goalkeeper from Montville Township High School in Montville, N.J., recorded 10 saves playing the full 180 minutes as Southwestern won twice to advance to 5-0 on the season. Hauser notched 5 saves in a 2-1 win over Santa Ana College and 5 more saves as the Jaguars defeated Los Angeles Harbor 8-1.

Alexcis Morris (Grossmont Volleyball), a 6-foot-4 freshman middle hitter from Heritage High School in Romoland, recorded 29 kills with only 3 errors, hitting .591 with a .667 kill percentage as the Griffins went 3-0 to sweep to the title at the 32nd San Diego Mesa Invitational. Morris's .857 kill percentage led Grossmont to a 25-18, 25-20, 25-21 sweep of Pasadena City College to open the tournament. She also led the Griffins past Los Angeles Pierce 25-21, 20-25, 14-25, 25-22, 15-11, setting up the championship match in which Morris and Grossmont defeated the host team, Mesa, 25-23, 25-12, 25-11.

Luann O'Kane (Mt. San Jacinto, Volleyball), a 5-foot-9 sophomore from Temecula Valley High School, led the way with 16 kills, 6 digs and 18 points as the Eagles defeated Riverside City College 25-21, 19-25, 25-23, 25-16. She had 7 kills in 25-21, 22-25, 25-15, 25-21 win over Citrus. And her 14 kills, 15 digs and 16.5 points led the way in a 22-25, 2-24, 23-25, 25-13, 15-10 victory over Santiago Canyon. O'Kane and the Eagles have a five-match winning streak after losses to Grossmont and Ventura to lead off the season.