

RPSPORTS

get in touch: www.register-pajaronian.com | sports@register-pajaronian.com | 831-761-7335

Hawks plan for better season despite youth



Photos: Tony Nunez/Register-Pajaronian

Cabrillo Seahawk's Emily Payne starts an attack against Diablo Valley College on Thursday evening at Cabrillo College.

By TONY NUNEZ

OF THE REGISTER-PAJARONIAN

APTOS — Although the Cabrillo College Seahawks only return three players from last season's team, coach Michael Arzabal feels even more comfortable coming into a season than before.

The Seahawks women's soccer team finished at 8-10-1 last season, a disappointing year if compared to the 2011 season

when the hawks went 15-4 and made it to the playoffs, but Arzabal said he loves what this year's team brings.

"Last year going into the first game I was unsure," said Arzabal, "and this year I felt like we had a chance to win."

Since 2003 the Hawks have only had two losing seasons, according to cscocernews.com. So the standards are set high for the women on this

year's team.

Last season the Hawks had three Coast Conference All-League first-team selections, two second-team selections and one honorable mention.

The three returning players from last year's team were all part of those end-of-season awards.

Emily Payne, now the captain of the Hawks, according to Arzabal, was a first-team

All-Conference selection. The sophomore mid-fielder from Scotts Valley has been the vocal leader early on for the Hawks, and that looks like it will continue on this young squad.

Though she lined up at keeper for the Hawks first game against Diablo Valley College, which ended in a 0-0 tie, her natural position is in the middle

See HAWKS, page B2

HAWKS

From page B1

of the action barking out orders to her teammates says, Arzabal.

She scored one goal and dished out two assists during last year's campaign.

Another returning starter is Hayley Garcia. The sophomore defender from Aptos earned a spot on the All-League second-team. She was able to record one assist as a defender during last season.

The final returner from last season is Jordin Carlson. Carlson was all over the field for the Hawks during their first against DVC, and had a few drives that fell just short of goals.

The sophomore mid-fielder was given an All-League honorable mention last season. She led Cabrillo in the scoring department with four goals, and

was also handed out the most assists with three.

"We've got two great centre-backs," said Arzabal. "That's going to help our team. Our defense is going to be solid."

All three will have to come up big for the Hawks this season, because of their inexperience on the rest of the team. But the inexperience is something that hasn't affected the Hawks so far. Even off the field, they have been doing the little things.

"Everyone's been showing up on time, and everyone's registered for their classes," said Arzabal. "That's been a problem in the past. So it seems like they've got their normal lives in order so they're actually able to focus on soccer. That can only help."

The Hawks (0-0-1) will have a big break until their second game, which will be against La Positas on Sept. 13.

Their next home game is on Sept. 16 against Lassen College at 4:30 p.m.