Jaguars’ Duck, Knights’ Vazquez are Athletes of Week

Soccer goalkeepers Sergio Duck of Southwestern College and Oscar Vazquez from San Diego City College have been selected as Pacific Coast Athletic Conference Men’s Athletes of the Week for the week that ended on Sunday.

Duck, a freshman from Coronado High School, has the second-lowest goals-against average in Southern California and ninth-best in the state, 0.7860, allowing 10 goals in 1145 minutes. He’s a major reason Southwestern is 11-1-6 on the season and 6-0-3 to lead the PCAC with 21 points.

Last week, Duck shut out Imperial Valley 6-0 and defeated MiraCosta 2-1, recording five saves for the week. Duck has six shutouts on the season. He didn’t play in the Jaguars’ only loss of the year, against Los Angeles Harbor back on Aug. 31.

After getting the day off as Juan German shut out rival San Diego Mesa 7-0 earlier in the week, Vazquez returned to goal and recorded 14 saves as he shut out MiraCosta in a 0-0 tie.

Vazquez, a sophomore from Patrick Henry High School, has allowed only 19 goals in 1100 minutes, for a goals-against average of 1.5545. He has 168 saves on the season for the second-place Knights. City College has only one loss in conference play, to Southwestern.

Honorable mention for the week went to Palomar wrestler Jacob Dunning and cross country runners Steven Martinez of San Diego Mesa, Albert Gamez from Mesa and Carlos Ponce of Southwestern.

Dunning, a freshman from Steele Canyon High School, defeated Cerritos’ Eddie Rogers by major decision 12-4 at 149 pounds to help Palomar defeat Cerritos 26-16 in a Southwest Conference match. Dunning came back to win the 149-pound title in the Meathead Movers Invitational on Saturday at Cuesta College in San Luis Obispo, decisioning Cuesta’s Dolin Minnini in the finals. His performance led Palomar, which is battling Mt. SAC neck-and-neck for the No. 1 state team ranking, to a second-place finish to the Mounties in a 15-team tournament field.

The Olympians’ Martinez and Gamez placed 1-2, with Ponce finishing third, in the PCAC Cross Country Championships at Griffen Park in El Camino.

Martinez, a freshman from Otay Ranch High School who shared PCAC Men’s Athlete of the Week honors for the week that ended Oct. 7, won the race with a 21:59 for 4.0 miles in leading Mesa to the team title.

Gamez, a freshman from Mira Mesa High School, ran 22:15 in placing second.

Ponce, a freshman from Sweetwater High School, placed third with a 22:25.