Knights’ Dowdy wins Women’s Athlete of Week award

San Diego City College softball player Katie Dowdy is Pacific Coast Athletic Conference Women’s Athlete of the Week.

Dowdy, a freshman pitcher/shortstop from Horizon High School, played a huge role as the Knights went 4-0 for the week, defeating San Diego Mesa 4-0 and Imperial Valley 1-0 and sweeping two games from Barstow 21-2 and 22-4.

Dowdy pitched complete-game victories vs. Mesa, IVC and Barstow in game 1. At the plate, she hit .615, going 8-for-13 with a home run and three doubles and scoring 11 runs.

Vs. Mesa, Dowdy went 2-for-3 with three doubles. She started a four-run sixth-inning rally with a double, breaking a 2-2 tie, and eventually scored the winning run. She was 1-3 with two sacrifice bunts vs. IVC, one which set up the only run of the game. Dowdy hit her first home run vs. Barstow in game 1.

Honorable mention went to softball players Kristen George (Palomar) and Tiana Houston from City College.

George, a sophomore outfielder from Fallbrook High, went 3-for-3, doubled and drove in two runs as Palomar downed Imperial Valley 11-0 to clinch at least a tie for its 31st conference championship. She was injured in the game and missed Friday’s 6-0 title-clinching victory over Grossmont and Saturday’s double-header at Cypress, when the state No. 7-ranked Chargers swept the No. 1-ranked Comets in a pair of upsets.

Houston, a freshman utility player from Chula Vista High, went 12-for-15 for the week with four home runs (two in each Barstow game), two doubles and 15 RBIs. She went 3-for-3 with two doubles vs. Mesa and went 4-for-5 and 4-for-4 with 11 RBIs vs. Barstow.