PCAC taps Jets’ Ramirez, Griffins’ Hays for honors

The Pacific Coast Athletic Conference has selected Miramar College soccer player Ninfa Ramirez and Grossmont volleyball player Lauren Hays as its Women’s Athletes of the Week honors for the week that ended Sunday.

Ramirez, a freshman forward from Murrieta Valley High School in Murrieta, scored two goals in leading the Jets to their third victory without a loss, 6-0 over Riverside City College. She previously had led Miramar to back-to-back victories over Golden West (3-1) and Victor Valley (3-0), scoring two goals each vs. the Rustlers and Rams.

In the Jets’ three games to date, Ramirez has six goals and one assist for 13 points.

Hays, a red-shirt freshman setter from Patrick Henry High School who transferred from San Diego State University, has tallied 85 assists with a .500 kill percentage and a 2.33 kill average in the Griffins’ most recent three matches.

Hays had 33 assists in Grossmont’s 3-0 (25-10, 25-23, 25-22) sweep of Chaffey and 30 assists in the Griffins’ 3-0 (25-19, 25-22, 25-22) victory over Cuesta.

Honorable mention selections for the week were San Diego Mesa volleyball player Bethany Nosko, San Diego City College volleyball player Tessa Butterfield, Imperial Valley volleyball player Megan Lerno, and soccer players Maria Solis (Grossmont) and Melissa Arauz (San Diego City).

Nosko, a freshman outside hitter from Sultana High School in Hesperia, originally red-shirted at San Diego State and spent November 2005 until January 2012 in the Navy, returned to volleyball in Mesa’s four games last week. In the Los Angeles Pierce Quad she opened with six kills on 10 attempts and two blocks in the Olympians’ 3-0 (25-10, 25-5, 25-23) win over Ventura. She came back vs. two-time defending CCCAA state champion Los Angeles Pierce with 12 kills and one error on 29 attempts and two blocks in a 25-21, 25-23, 25-20 loss. In the Grossmont Quad over the weekend, Nosko led the Olympians past Cuesta 3-0 (25-13, 25-10, 25-13) with 15 kills and one error on 19 attempts, a block and four digs. She also was one of few bright spots in a 25-14, 25-20, 25-20 defeat vs. unbeaten Bakersfield, with seven kills, a block and four digs.

Butterfield a sophomore outside hitter from Nevada Union High School in Grass Valley, recorded 13 kills with four service aces and 12 digs as the Knights opened their season with a 3-0 (26-24, 25-15, 25-19) win over Santa Ana. She also had 14 kills, 22 digs and three service aces as City College outlasted Mt. San Jacinto in five sets.

Lerno, a freshman from Southwest High School in El Centro, led the Arabs to a 3-0 (25-12, 25-20, 25-11) season-opening win against College of the Desert as she had nine kills and 25 digs.

Grossmont’s Soltis, a freshman goalkeeper from Ramona High School, shut out Cochise (AZ) College 2-0 with five saves and West Los Angeles 2-0 with two saves.

Arauz, a sophomore forward from Sweetwater High School, had a goal and an assist each for the Knights in a 5-3 loss to Glendale, a 2-2 tie with Los Angeles Valley and a 2-1 win vs. Victor Valley. Her performance helped City College come back from a 2-0 deficit against L.A. Valley. Arauz is a two-year team captain for the Jaguars.