



WEST LOS ANGELES COLLEGE ATHLETICS | 9000 OVERLAND AVE - CULVER CITY, CA 90230
(310) 287 - 4263 | WWW.WLAC.EDU/WILDCATS

Wildcat Update: Mar 2009

WOMEN'S BASKETBALL:

- WSC So. Div. Names Shannon Austin MVP. Teammates Make All-Conference
- Coach Shares Coach of the Year Award.

WOMEN'S VOLLEYBALL:

- New Head Coach

TRACK & FIELD:

- Relay victories at Trojan meet

FOOTBALL:

- Three more players advance to university teams, bring the total to 16.

BASEBALL: Wildcats defeat powerhouse Bakersfield at home and away

MOST VALUABLE PLAYER – WSC SOUTHERN DIVISION



West Los Angeles College basketball player **Shannon Austin** (*pictured right*) was recently named the Most Valuable Player for the Southern Division of the Western State Conference.

Austin, a 5'9" guard and a graduate of Gahr High School, will graduate from West this and plans to attend a four-year college, majoring in Criminal Justice. She is being heavily recruited by several Division I schools.

Austin finished in second place in the California scoring ranks, averaging 25.1 points and 8 rebounds per game. She scored double figures in all 30 of the Wildcat games with a single game high of 42 point against College of the Canyons in January. Shannon is also a successful track and field athlete at West, with the long jump as her main event. She was a member of West's women's track and field team who finished the 2008 season in second place at the state meet and will compete for the West women's track program again this spring.

1ST TEAM ALL-CONFERENCE

Wildcat sophomore **CeeCee Jeffries** (*pictured right*) was also selected to the first team all-conference team. Jeffries is a 5'6" guard from Pacific Palisades High School. She averaged 13 points per game, 5 rebounds and 1.6 steals.

Keisha Irvin was selected as Honorable Mention to the all-conference team. Irvin is a 5'9" sophomore from Morningside High School and has been a mainstay on our team the past two seasons. She averaged 9.7 points per game, 3 assists, and was second on the team in minutes played.

COACH OF THE YEAR – WSC SOUTHERN DIVISION

Head Coach Colleen Matsuhara was named Western State Conference South Division "Coach-of-the-Year" for the 2008-09 season. Colleen led the Wildcats to a successful season of 19-11 and a tie for second place with Citrus College in the final standings.



TRACKSTERS POST 2 WINS AT TROJAN RELAYS

At the recent Trojan Relays held at USC on March 1, West posted 2 victories and had several personal bests.

The men's 4x400 meter relay not only won the event but ran the 5th fastest time in the state (3:17.43). The race was all the more exciting as the team had to come, overtaking meet host, USC in the final 30 meters. Team members were Rashaad Scott, Charles Earls III, Leland Anderson, and Jonathan Byrd.

West's women, Shayna Parker, Alysha Turner, Desiree White, and Stancia Baker **took the distance medley relay** with a time of 13:42.35. Parker gave the ladies a 20 meter lead after her 1200 meter lead off leg and the Wildcats never looked back. Parker, White and Turner teamed up again in **the 4x400 meter relay with Turquoise Williams for a 3rd place finish** behind two USC teams for the 3rd fastest time in the state in the event with a time of 4:00.40.

Other results:

Vincent Jones-Smith finished in 3rd place in the 400m hurdles with a time of 56.56. Lavelle Starks finished 4th in high jump with a leap of 6'4". Leland Anderson triple jumped 46'8" to finish 7th, and David Mahoney finished 8th in the shot put with a toss of 43'3 ¼. Starasia Childs bounded 36'7 ¾ to finish 4th, and Williams steadily improves in the 100m hurdles as she finished 4th with a time of 14.69. She also finished 4th in the long jump with a best of 17'8, and Nairobi Regis finished 6th with a jump of 17'1.

This follows the team's impressive season opener with 6 individual victories and team honors. Recap available at <http://www.wlac.edu/athletics/news/WLACAthletics-TrackVictories-feb09.pdf>



NEW WOMEN'S VOLLEYBALL COACH HIRED

The Wildcats have hired a new Women's Volleyball Coach to replace Branden Higa. Coach Higa recently accepted a full time position as an assistant women's volleyball coach at Mississippi State University in the Southeast Conference.

Aggers has tapped Brian Corso as the Wildcat's new head coach for women's volleyball to begin immediately. Corso comes to West with a rich background in southern California volleyball. He started and developed his own beach volleyball club called the Aloha Ball Club/Volleyball School. He has experience as the assistant coach for the U.S. Jr. National Beach Volleyball Program and is concurrently the head coach for the Costa Rican Jr. National Beach Volleyball Team which trains in the U.S. during the summer months. Coach Corso was also a successful player on the pro beach circuit and still a member of the Association of Beach Volleyball Professionals.

He is a graduate of San Diego State University where he played men's volleyball for four years as a scholarship athlete. He holds a degree in Kinesiology and Exercise Science from SDSU and is currently completing work on a Master's Degree in Sport Science from the United States Sports Academy.

Brian also has successful coaching experience as the head coach for boy's volleyball at West Hills High School and later as an assistant at the University of San Diego also with the men's team.

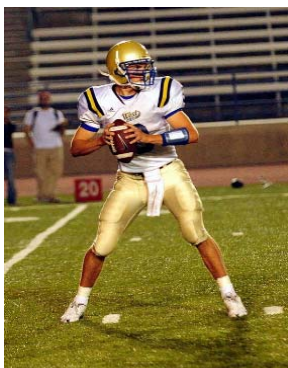
WEST BASEBALL DEFEATS POWERHOUSE BAKERSFIELD

The West LA Baseball team, under second year coach Bob Grant, won both of their games last week. Our Wildcats swept perennial Western State Conference baseball power, Bakersfield College. The Wildcats defeated Bakersfield at home on Thursday, March 5 as sophomore pitcher Flavio Ramos pitched 8 and 2/3rds innings on his way to a 2-1 win.

On Saturday, March 7 the Wildcats also defeated Bakersfield but this time by a score of 6-2.

THREE MORE WEST FOOTBALL PLAYERS ADVANCE TO UNIVERSITY TEAMS

Three more of West's 18 football sophomores will advance to 4-year college teams. This brings the total for the season to 16 Wildcats who will play at universities on full athletic scholarships or with financial grants and aid.



Quarterback Ryan Rosenvall (Alta HS) accepts a full scholarship to Middle Tennessee State University.

MTSU, a Division 1 college, competes in the Sun Belt Conference and the Bowl Championship. Rosenvall, while maintaining a 3.25GPA, was a first team All-Conference performer in the American Pacific Division while completing 207 passes in 322 attempts for a 64.3 throwing percentage. He had 17 throwing touchdowns along with four rushing touchdowns. In one play during the Moorpark game Ryan recorded a completion, reception, throwing touchdown, and receiving touchdown.

Ryan says, "That coach Miller employed an offense that highlighted all of my talents, and he got me ready for D-1 football". Ryan is expected to compete for immediate playing time as a starter. Ryan is a freshman and will have three seasons to compete in college. Also, Ryan is the fourth freshman quarterback to receive a Division-1 scholarship playing in Coach Miller's offense.



Graceland University in Iowa has offered Robert Ford a scholarship to continue his education and play football. Robert Ford (Amino HS) contributed to the Wildcat football during the 2008 season as a wide receiver. Robert finished the season with 27 receptions for 246 yards and 2 touchdowns. Robert graduated with his Associate Arts degree in December 2007. *"Robert is the type of player that is always ready to perform. He is at practice and in class daily,"* recalled WLAC Coach Miller



Paul Dortch is expected to enroll in Missouri Valley College this fall as a member of their football team on scholarship. Paul Dortch (Crenshaw HS) was a wide receiver and finished the season with 24 reception 269 yards 2 touchdowns. *"I was elated for Paul to get this opportunity. The coach from Missouri flew into town and met with Pau to make the offer official."* WLAC coach Miller

###