



Athletes of the Month



Jessica Varady – Ohlone College, Softball

Freshman Jessica Varady has had a busy month pitching for the Ohlone College Renegades. She is 12-4 for the month of March with an overall record of 22-6. She pitched an impressive no hitter on March 11 and a perfect game on March 13. In addition to her skills on the mound, Varady is invaluable to her team at bat. She has a .412 overall batting average and a .500 in conference play. So far this season, Varady has scored 28 runs and has 33 RBI's. She has hit 12 doubles, three triples, three homeruns and has 18 stolen bases.



Roberto Padilla – Ohlone College, Baseball

Roberto Padilla had a big winning streak in March, going 5-0 on the mound with a 0.17 ERA. The left-handed pitcher helped lead his team to an 18-7 overall record. In those five games he had 35 strike outs in 35 innings pitched. He also pitched an impressive three complete games and recently pitched against number four ranked San Mateo College, giving up no earned runs and striking out seven batters in the Renegade's 4-2 win. Padilla has already signed a letter of intent to play for San Jose State University next season. He is graduating from Ohlone College in May, 2010.

Men's Honorable Mention

Nick Delorenzo– Santa Rosa, Baseball

Freshman first baseman Nick Delorenzo has a .342 batting average, and hit six doubles, one homerun and nine RBI's in the month of March.

Randy Guite– Long Beach City College, Baseball

Over 12 games in March, Randy Guite had a .417 batting average and collected a team best 20 hits in 48 at bats. The sophomore second baseman also had 12 runs, 12 RBI's, two doubles, a triple and a homerun. Guite put together a .488 on base percentage as well as a .622 slugging percentage and had six multi-hit games. His best performance of the month came in a 9-1 win over East Los Angeles on March 12 when he went three for four with a homerun and five RBI's. For the season so far, Guite leads Long Beach with 34 hits and has a .337 batting average. Long Beach City College is 11-15 overall and 7-4 in the South Coast Conference.

Seth Koenig– Cuesta College, Men's Basketball

After a three year absence from the sport, Seth Koenig came back in 2010 as a sophomore and one of the most effective power forwards in the state. He averaged 15.5 points, six rebounds and 1.8 steals over 32 games in 2010 and during conference play he raised those totals to 17.4 points, 7.1 boards and 2.3 steals per game. In the post-season he averaged 31 points, eight rebounds and one steal per game. He enjoyed his best game of the year in the 2010 Southern California Regional Finals against number two ranked Citrus with 40 points and 10 rebounds. The game went down to the final buzzer with Koenig scoring half of the Cougar's points in an 82-80 loss. His 40 points against the Owls also marked the third time he cleared the 30-point barrier this season, the most in the state. Koenig's 31.0 playoff scoring average was also the highest in the state. The Cuesta Men's Basketball team ended the season with a 26-6 overall record. The Cougars won the 2010 Western State Conference title, advanced to the 2010 Southern California Regional Finals and ended the year ranked 13th in the State.

John Spirk– Golden West, Baseball

John Spirk, a freshman first baseman, is 26 for 57 with a .456 batting average. He has scored 16 runs and has 15 RBI's six doubles and one homerun.

Glen Walker– El Camino, Baseball

Sophomore second baseman Glen Walker is 19 for 41 with a batting average of .463 as of April 6, 2010. Walker is also an excellent student with a 3.95 GPA. He is planning on attending Jackson State University in Jackson, Miss., in the fall and will be joining the school's baseball team.

Perry Webster– Saddleback College, Men's Basketball

Point guard Perry Webster was able to end his sophomore year on a high note as he helped lead his team to a state championship title and was selected as the state tournament MVP. In four post-season playoff games during the month of March, Perry scored 56 points, had 23 assists and 16 rebounds.

Women's Honorable Mention

Nour Abudamous–Skyline College, Women's Badminton

Sophomore Nour Abudamous was undefeated in both singles and doubles play in March. She beat four different opponents in singles and four doubles teams with her partner Rachell Berania.

Vanessa Alvarado– Cypress College, Women's Softball

Vanessa Alvarado broke the Cypress College record for career doubles at the end of March with two doubles hit in the March 31 game against Santiago Canyon. The sophomore first baseman leads her team in batting with a .476 average, eight doubles, 15 RBI's and a .651 slugging percentage.

Rosa Del Toro– Glendale College, Women's Track and Field

Sophomore Rosa Del Toro is one of the top runners in the state at the 800 and 1500 meter races. During the month of March, she posted three wins in the Western State Conference meet at Moorpark in the 800, 1500 and 3000-meter races. She placed fourth in the 1500 and sixth in the 800 at the Occidental Distance Carnival. Following those two great meets,

Del Toro placed seventh in the 1500-meter at the Ben Brown Invitational, competing against runners from four year universities. She is ranked third in the state in the 1500 (4:41.11) and fifth in the state in the 800 at 2:18.50. She also ran the leadoff in the 1200-meter race when her team broke the school record for the distance medley relay at the Riverside Invitational on March 26 with a time of 12:10.39.

Monica Garcia—Chabot College, Women's Basketball

Sophomore guards Monica Garcia was the leading scorer for Chabot with a 17.1 per game average. She helped lead her team to an appearance in the elite eight despite being only the tenth seed in Northern California.

Anissa Noland—Long Beach City College, Women's Softball

Freshman centerfielder Anissa Noland had an impressive month, beginning as the team's leadoff hitter before being moved to the third spot in the batting order and thriving there, leading the team with a batting average of .417 in the last 15 games. She also led the Vikings with 20 hits and 11 RBI's. For the season, Noland has a .375 batting average (39 for 104) with a team-best 20 RBI. Noland has played near flawless defense at center with just two errors this season.

Stacy Razo— Los Angeles Valley, Women's Softball

In 24 games, Stacy Razo has hit a batting average of .560 with two homeruns, 11 RBI's and eight doubles. She has a total of 43 runs and 35 stolen bases. Razo steals as many as two bases a game on average. She has already received a full ride scholarship to play softball at John C. Smith University in Charlotte, North Carolina.

Sarah Steinbeck— Santa Ana, Women's Softball

Freshman Sarah Steinbeck batted .404 in 15 games with five triples, a double, a home run and five RBI's. She scored 17 runs as the leadoff batter and had at least one hit in 14 out of the 15 games she played in, including a 13-game winning streak. Steinbeck, a shortstop, is also a prolific base stealer and stole 12 bases in 14 attempts.

Ruth Wei—East Los Angeles College, Women's Badminton

Freshman Ruth Wei is 16-4 in singles as of April 9 and 17-5 in doubles. She took second place in doubles at the Irvine Valley Tournament and went to the semifinals in singles at the Irvine Valley Tournament.

Christine Weinreich— Cuesta College, Women's Track and Field

Sophomore Christine Weinreich entered her sophomore season as the best thrower in the history of Cuesta College. In 2009, she broke Cuesta records in both the hammer (151-2) and the discus (141-1), while her shot put of 42-8 ranks second all time at Cuesta. In March, Weinreich extended her hammer record twice. On March 19th, at the Western State Conference Mini Meet, she hurled the hammer 154-0 and broke her own record by nearly three feet. On March 27th, Weinreich broke her sixth Cuesta record, fifth time in the hammer, at the Santa Barbara Easter Relays. Weinreich's toss of 154-6.5 is also the best mark in Southern California Region this year. She holds the fifth best discus mark of the year at 133-11.5. Weinreich has signed to North Dakota State University in Fargo, North Dakota for next season. She will compete with her Cuesta teammates at the Western State Conference Championships on April 24th.

Starr White—Saddleback College, Women's Softball

Sophomore third baseman Starr White batted .510 in 17 games during the month of March, while helping lead her team to a 12-6 record and top 10 ranking. She had a 1.235 slugging percentage with 63 total bases, collecting almost as many home runs (11) as singles (12) while also adding a pair of doubles and a triple. She also led the team with 19 RBI's. Saddleback is now 26-7 on the season and Starr is batting .446 with 14 home runs.