



EAST CONFERENCE – PLAYERS OF THE WEEK
SEPTEMBER 5, 2011

OFFENSIVE PLAYER OF THE WEEK

College: Orange Coast
Name: Dominic Betts
Position: RB
Height: 5'9"
Weight: 195
Year: Fr.
High School: Banning
Hometown: Banning
State: CA
Category: Offensive
Stats: 18 carries for 216 yards, 3 catches for 29 yards

DEFENSIVE PLAYER OF THE WEEK

College: Orange Coast
Name: Colten Christensen
Position: LB
Height: 6'3"
Weight: 195
Year: Fr.
High School: Santa Margarita Catholic
Hometown: Mission Viejo
State: CA
Category: Defensive
Stats: 4 Solo, 9 Assists, 13 total tackles, 2.5 tackles for loss

SPECIAL TEAMS/ALL-PURPOSE PLAYER OF THE WEEK

College: Southwestern
Name: Aaron Harris
Position: RB
Height: 6'0"
Weight: 190
Year: So.
High School: Granite Hills HS
Hometown: El Cajon
State: CA
Category: Special Teams/All-Purpose
Stats: Rush 24 / 168 / 1 TD; Rec 3 / 44; KOR 3 / 61 --- Total yards 273

OTHERS NOMINATED:

College: Orange Coast

Name: Ricky Carroll

Position: P

Height: 6'3"

Weight: 195

Year: Fr.

High School: Mission Viejo

Hometown: Mission Viejo

State: CA

Category: Special Teams/All-Purpose

Stats: 7 punts, 43.6 yard average

College: Golden West

Name: Donny Ruggles

Position: All-Purpose

Height: 5'8

Weight: 170

Year: So.

High School: Mission Viejo

Hometown: Mission Viejo

State: CA

Category: Special Teams/All-Purpose

Stats: 2 punts 41.5yd avg both downed inside 12 yd line. 3 punt returns 23yd avg 1 TD. 1 INT returned 47yds.