



NEWS photo Cindy Goodman

Get a leg up

HIGH-KICKING Burnaby North import and Capilano women's Blues soccer team defender Lindsay Sadgrove gets into the action Sunday against the visiting University College of the Fraser Valley. Capilano won the game 1-0.

Teams Cap winning weekend

Jan-Christian Sorensen

jsorensen@nsnews.com

THE Capilano College Blues soccer teams posted three wins and a tie in BCCAA weekend play.

The women were perfect, shutting out the visiting Douglas College Royals 2-0 on Saturday and edging the University College of Fraser Valley (UCFV) 1-0 on Sunday. The men kicked off the weekend by drawing 1-1 with Douglas, but gained the upper

hand over UCFV with a 3-1 win on Sunday at the home field.

Former Argyle Pipers defender Melissa Howard scored the first goal from 40 yards out along the sideline and

See UCFV page 50

UCFV takes a trip to Nash-ville

From page 49

Williams Lake fixture Alisah McPhee notched the other goal, a header from a corner kick by Howard.

On Sunday it was North Vancouver midfielder Nicky Wells making the difference for the Blues, scoring the game winner on a diving header off a corner kick with eight minutes left in regulation.

On the men's side, Carson Graham alum Meysam Soltani bent the twine for the Blues on a penalty shot, but Cap keeper Dennis Kindel lost his hold on a ball and Douglas' John Mackie made good on the opportunity to tie it up.

On Sunday, midfielder Tino Cucca scored on a penalty kick after another former Piper, Leo Nash, was brought down in the box at the 10th minute mark.

Nash then added one of his own in the first half as he headed a far post cross to stake Cap to a 2-0 lead. After UCFV cut the lead in half, Cucca again scored on a penalty kick to seal the win. Howard was named the Blues player of the week for her efforts, while Alpha import defender Tyler Jones grabbed the honours for the men's team.

—files from Milt Williams