



Intercollegiate Athletics **ANNUAL REPORT**

2016 – 2017

Intercollegiate Athletics

Mission Statement

PLNU champions a Christ-centered environment where student-athletes experience holistic growth while pursuing academic and athletic distinction.

Program Overview

The PLNU athletic program officially became a full active member of NCAA Division II on September 1, 2014. It has been a member of the Pacific West Conference since the fall of 2012. The university fields 11 intercollegiate sports teams: men's and women's soccer, women's cross country, women's volleyball, men's and women's basketball, women's golf, baseball, men's and women's tennis and women's track and field.

There are 213 student-athletes who have competed in the athletic program this past year. As mentioned above in the mission statement, the athletic department has focused on the student-athlete experience with a focus of maximizing growth and success academically, athletically, spiritually while also engaging in our community.

In the grid below, athletics is looking at six areas with intended learning outcomes. The spiritual development program would be defined measuring the student-athletes' spiritual growth and access to growth opportunities through the athletic department and their specific sport. Academic development would be defined by student-athletes' success in the classroom, measured by grade point averages and graduation rates. Athletic development would be defined by student-athletes' growth in their specific sport and both team and individual successes. Community engagement pertains to developing students and communities by actively engaging in shared experiences. Campus engagement connects the athletic department with other faculty, staff and students for shared experiences. This can be done through events, intramurals, and school spirit. Student-athlete leadership and SAAC (Student-Athlete Advisory Committee) are areas that allows for student-athletes to enhance their experience through leadership growth opportunities.

Intended Learning Outcomes

Program	<div> <div>Cognitive Complexity</div> <div>Knowledge Acquisition, Integration & Application</div> <div>Humanitarianism & Civic Engagement</div> <div>Interpersonal & Intrapersonal Competence</div> <div>Practical Competence</div> </div>				
Spiritual Development	X	X	X	X	
Academic Development	X	X		X	X
Athletic Development	X	X	X	X	X
Community Engagement	X	X	X	X	X
Campus Engagement	X	X	X	X	X
Student-Athlete Leadership & SAAC	X	X	X	X	X

Evidence of Learning

Cognitive Complexity

Spiritual Development – The Athletic Department provides unique opportunities to challenge our student-athletes to be open to new ideas and perspectives. These opportunities are shaped through spiritual development programming. Intentional spiritual development programming often takes place at events like Athletic Worship Day, Fellowship of Christian Athletes (FCA) Days, and by coaches' mentorship of our student-athletes (see Appendix D).

Academic Development – The GPA Report, Graduation Rates Report & Academic Success Rate Report are good example of our student-athletes academic success and their assimilation of new ideas and perspectives (see Appendix B and C).

Athletic Development – Student-athletes engage with their coaches and teammates in constructive ways on a daily basis. Daily practices, team meetings, competition, developing a game plan, strategy sessions, and time spent together created opportunities for our student-athletes to process and develop new ideas and perspectives.

Community Engagement – The community engagement opportunities in which our student-athletes are involved have allowed them to work with others, as well as be exposed to new ideas and experiences. Examples of community engagement events are Team International Mission Trips, Special Olympics, Make-A-Wish, and Ocean Beach Second Chance Bread of Life Ministry, Susan G. Komen Foundation, and Operation Christmas Child, to name a few (see Appendix A).

Campus Engagement – The Student-Athlete Advisory Committee (SAAC) involvement in campus engagement events also opens them up to new ideas and experiences within their own campus community. Examples of these campus engagement opportunities are New Student Orientation (NSO), Mr. Sea Lion, and Fall Festival (see Appendix A).

Student-Athlete Leadership – SAAC has created openness to new ideas and perspectives. Throughout the year they have supported organizations like Wounded Warrior Project, Operation Christmas Child, Special Olympics and Make-A-Wish. These events give the student-athlete a different perspective on how to help diverse organizations within our San Diego community (see Appendix A).

Knowledge Acquisition, Integration, and Application

Spiritual Development – We hold three spiritual development events each year for all student-athletes, featuring guest speakers, testimonies and direction as to how to apply your faith as a young adult and student-athlete. Two of these three events use the model established through our involvement with Fellowship of Christian Athletes (FCA). Individual teams also hold team Bible studies, and other spiritually driven team functions (see Appendix A).

Academic Development – For the third straight year, PLNU was honored with the prestigious NCAA Presidents Award for Excellence. Leading the nation this year with a 99% academic success rate. A PLNU student-athlete was also honored. We work closely with professors to insure school work and class misses are minimized due to athletic contest are front and center for all student-athletes and every effort is made to provide tutoring and additional study resources. Student-athletes also develop time management skills. The results are that the overall GPA of our student-athletes has exceeded 3.25 each year since we joined the NCAA; and this year (3.37) was the highest it's been since PLNU joined the NCAA in 2011-12. Also student-athletes once again graduated at a higher rate than the general student body (see Appendix B, C and E).

Athletic Development – Student-athletes are taught the importance of time management and extending their athletic development beyond required team practices. They are also provided information on maintaining healthy minds and bodies through diet and exercise. The Sports Survey captures the student-athletes level of satisfaction in this area (see Appendix D).

Community Engagement – Student-athletes are heavily involved in community programs through their individual teams and the Student Athlete Advisory Committee (SAAC). These groups help develop community service programs and partner with outside community organizations to assist in projects that aid the homeless, people with disabilities, troubled youth, and many other groups. Some of these organizations that provide hands on experience to our student-athletes are Bread of Life ministries, Breast Cancer Awareness, Make-A-Wish Foundation, and many others (see Appendix A).

Campus Engagement – The Student Athlete Advisory Committee (SAAC) consists of two members from each of our athletic teams. One of their primary missions is to engage and support the general student body. They have done this through by participating as volunteer assistants during general physical education classes helping students learn and appreciate the sports that our student-athletes play. They were also involved with Campus Wellness and participating in numerous events such as Lead Week, NSO and helping new students on Move-In Day. Our student-athletes work directly with ASB to create, support and participate in non-athletic club activities on campus (see Appendix A).

Student-Athlete Leadership – One of PLNU's student-athletes was selected by the NCAA to attend the NCAA National Leadership Conference in Indianapolis as a result of her leadership record throughout her time as an NCAA student-athlete. Two members of each athletic team represent their teammates within the PLNU Student Athlete Advisory Committee (SAAC). These members are charged with gathering information and issues from their teams and representing them as decisions are made within the athletic department. They have their own elected board, constitution, and mission statement. Members of PLNU SAAC also represent the PacWest Conference as conference board members and have input on national NCAA and conference-related issues. SAAC members attend national conferences and workshops to hone their leadership skills and impact decisions made on behalf of student-athletes (see Appendix A).

Humanitarianism & Civic Engagement

Spiritual Development – Individuals and teams have participated in mission trips including trips to Zambia and Colombia. Teams and individual student-athletes also actively volunteer and provide assistance for the local outreach programs of area churches such as the San Diego First Church of the Nazarene, Rock Church, Hope Ministries, Bread of Life Ministries and many others to help their fellow man under the banner of God's grace.

Athletic Development – Our student-athletes are placed into situations where they depend upon people from a variety of socio-economic, cultural and ethnic backgrounds to succeed and develop as an athlete. Teamwork in athletics is an essential part of the student-athlete experience and that means not only spending countless hours with a diverse group, but coming to rely on them. Diversity is a daily way of life for our student-athletes, on both a personal and community level. PLNU student-athletes come from all genders, cultures, ethnicities and socio-economic backgrounds and blend together to form single cohesive and supportive units.

Community Engagement – PLNU student-athletes have participated in international mission trips, Breast Cancer Walk, Dig Pink Cancer Awareness, Bread of Life Homeless Outreach, Make-A-Wish Foundation, Special Olympics, and a variety of other programs (see Appendix A).

Campus Engagement – The Student Athlete Advisory Committee is charged with developing ways to support the greater PLNU community and to enlist the support of fellow student-athletes to accomplish this. As a result, student-athletes, through SAAC, were directly involved with events, projects and clubs such as MOSAIC, NSO, the Disability Resource Center, and tutoring, among others (see Appendix A).

Student-Athlete Leadership – Two members of each athletic team represent their teammates within the PLNU Student Athlete Advisory Committee (SAAC). Among other things, these members are charged with identifying opportunities for PLNU student-athletes to have a positive impact on the community and to lead those efforts. They have their own elected board, constitution, and mission statement. Members of PLNU SAAC also represent the PacWest Conference on national NCAA and conference-related issues. Members attend national conferences and workshops to hone their leadership skills and impact decisions made on behalf of student-athletes. Team captains also play this same sort of leadership role with their team's community outreach efforts (see Appendix A).

Interpersonal and Intrapersonal Competence

Spiritual Development - We intentionally provide spiritual development programming to challenge our student-athletes with their spiritual beliefs and values. As an extension of spiritual development student-athletes participate in outreach opportunities to gain a holistic awareness of self and social responsibility. Programming includes Athletic Worship Day, Fellowship of Christian Athletes (FCA) Days and mentorship; at times, spiritual development can be formal or informal. The Sports Survey is a reflection of Spiritual Development growth within our student-athletes (see Appendix D).

Academic Development – Student-athletes learn how to manage class conflicts with faculty and coaches. Even though student-athletes miss class the GPA Report of our student-athletes has been above 3.25 each year since PLNU joined the NCAA, which demonstrates intellectual achievement (see Appendix C and E).

Athletic Development - Our student-athletes also learn conflict management skills as a member of a collegiate team. Working together with coaches and teammates on a daily basis allow for student-athletes to develop conflict management skills and collaboration skills.

Community Engagement – Our student-athletes have participated in more than 4,000 hours of community engagement this year and won the PacWest Conference Community Engagement Award. Examples of community engagement stretch from Make-A-Wish fundraising, participation in breast cancer walks, Special Olympics, and Ocean Beach Second Chance Bread of Life Ministry. In addition to activities performed as teams, many of our individual student-athletes engage in a variety of community service opportunities. These volunteer opportunities have allowed our student-athletes to actively engage with the community and gain a sense of society needs and the role they have in meeting those needs (see Appendix A).

Campus Engagement – Student-athletes also participate in campus engagement events. Examples of those events include New Student Orientation (NSO), Fall Festival, and Mr. Sea Lion to name a few. Participation in these campus events allows student-athletes to work in collaboration with campus departments/offices (see Appendix A).

Student-Athlete Leadership - Student-athletes who are involved in the Student-Athlete Advisory Committee (SAAC) as well as team captains also learn valuable leadership skills. They learn how to collaborate with other student-athletes, campus departments/offices, work through any conflict or controversy, and commit to social responsibility through fundraising and volunteer service with local organizations (see Appendix A).

Practical Competence

Academic Development – All student-athletes declare a major by their junior year. Declaring a major allows for student-athletes to set individual academic goals as it relates to their career goals, and 96% of our student-athletes this year have declared a major. Time management is also another component to their academic development. Having time management skills is necessary to their academic success. The Athletic Department also provides career counseling and internship placement through the Office of Strengths and Vocation (OSV).

Athletic Development – Participation in intercollegiate athletics naturally develops leadership skills. Student-athletes demonstrate these leadership skills in practice and in competition. These leadership skills help shape and mold their personal lives and future careers. Individual and team successes also help student-athletes with time management and help to set and pursue individual goals (see Appendix F).

Community Engagement – Student-athletes involved in community engagement events spend time developing their communication and time management skills as they talk and spend time with different charities. Student-athletes involved in camps and clinics also use their communication skills to effectively teach skills to campers and children (see Appendix A).

Campus Engagement – Student-athletes and SAAC demonstrate their leadership skills when they are involved in campus engagement events. Leadership skills are used during New Student Orientation (NSO) as they help new students and their families acclimate to PLNU. Promotion of campus outreach and other events through ongoing collaboration with ASB are also examples of their leadership skills and influence to the general student body (see Appendix A).

Student-Athlete Leadership – Generally student-athletes have a natural tendency to become campus leaders. Student-athletes involved in SAAC learn and demonstrate leadership skills as they set and implement their goals. They also learn effective communication skills, time management and how to manage their resources. SAAC's involved in community and campus engagement give opportunities for student-athletes to enhance their leadership skills (see Appendix A).

2016-2017 Area Assessment

In 2016-17 Athletics evaluated the academic success of scholarship student-athletes vs non-scholarship student-athletes for the second straight year by analyzing grade point averages from both the fall and spring semesters. The results each year showed no significant difference in academic success between these two groups...

2015-16: scholarship (3.29) vs non-scholarship (3.23)

2016-17: scholarship (3.37) vs non-scholarship (3.38)

Use of Evidence of Learning

Since the academic success of scholarship and non-scholarship student-athletes continued to be very similar, we do not plan to make any changes. However, we do feel continuing to gather and analyze comparative data over a longer period is necessary to be indicative of any real trends as different individuals proceed through the university as student-athletes. So we plan to continue assessing these two groups in subsequent years.

Areas of Study, Professional Development, and/or Comparator Research

Athletics consistently shares information with other athletic departments in the PacWest Conference and fellow NCAA member schools. This interaction includes monthly Athletic Director conference calls, attendance at conferences such as COSIDA, SAAC Retreat, Athletic Director Meetings, NCAA conferences, etc. In addition, we are constantly in communication with our peers at other schools discussing ideas, policies, procedures, and best practices. We also furthered professional development across the entire department by including all Athletics staff members in a one day Strengths Finders workshop during the spring.

Areas of Distinction

Please see Year End Review (Appendix F)

Appendix A



Community Engagement Report



2016-17 Point Loma Nazarene University
Community Engagement Award Nomination

4,000+ HOURS OF COMMUNITY SERVICE

During the 2016-17 academic year PLNU student-athletes engaged in over 4,000 hours of community service including many single and recurring community engagement events, projects and outreach efforts on campus, in the local community and across the globe.

PLNU student-athletes took their community outreach efforts internationally this past year, having a direct impact on the global community with goodwill service trips to both Africa and South America. The impact of these trips was absolutely incredible and the mutual benefit was unimaginable. PLNU student-athletes didn't forget about their communities here at home either. While they focused on a few core campaigns such as Make-a-Wish, Special Olympics, Breast Cancer Awareness, Wounded Warrior Project, and Bread of Life Homeless Shelter, they also diversified their community involvement to touch as many different groups and individuals as possible, both on and off campus. With another key focus being to connect with the general student population at PLNU and bridging the gaps between them and student-athletes.

What's the Point?

**THIS IS
THE POINT.**



SEA LIONS making a difference
NEXT DOOR and **AROUND THE WORLD.**

POINT LOMA

SEA LIONS

INTERNATIONAL GOODWILL TRIPS

ZAMBIA, AFRICA

This past summer, nearly all of the PLNU women's soccer student-athletes traveled to Zambia Africa for 15 days to have a direct impact and make a positive difference in the lives of the people there. These amazing **student-athletes also donated \$5,000 of their own money** to put toward upgrades for a local school and church in the town they visited. While there, they worked with and taught in that very same underprivileged rural school and church.

They played with the kids and were absolutely incredible in their encouragement and in the genuine warmth they exhibited. This was an amazing effort of love and care that these girls displayed.



"They're not required to go on this trip; it's their choice," head coach Tim Hall said in reference to his team members. "We took about fifteen girls. Their goal was to just dive in and step out of their comfort zone. They had to deal with cultural sensitivity. We didn't want to be invasive, but rather we wanted to fit in. The way those girls got love from those kids was just incredible."

—Tim Hall, PLNU Head Women's Soccer Coach

"One thing that was said to us... was that just showing up to this community would be unforgettable to them. This trip was a prime example that loving on people and being present in their joys and sufferings is so much better than any tangible thing we could do. The material things you do will perish, but someone will never forget the way you made them feel."

- Kaiti Freeberg, PLNU Women's Soccer Student-Athlete

MEDELLIN, COLOMBIA

The PLNU men's soccer team made a goodwill trip of it's own, traveling to Medellin, Colombia for 12 days. While there, the team engaged the local community by conducting daily coaching clinics, physically helping to rebuild and upgrade many buildings and homes in the area, leading bible studies, and practicing and playing games with local teams. One of the most impactful and rewarding activities of the trip for the PLNU student-athletes was running practices and clinics in the extremely impoverished local barrios. The interaction and genuine care for these people was glaringly obvious as the student-athletes built personal relationships with so many of the local children and their families.

WATCH Video of PLNU Men's Soccer Making a Difference In Medellin



WATCH the FOX Sports "Everyday Heroes" segment on the Sea Lions trip to Colombia



POINT LOMA

SEA LIONS

SPECIAL OLYMPICS

Point Loma Nazarene University has built a tremendous relationship with the International Special Olympics. With the support of PLNU Athletics and student-athletes, this past year PLNU hosted the Regional Special Olympics Track Meet. Student-athletes were involved in every aspect; from set-up and tear-down, to running events, to acting as “buddies” assigned to assist individual special Olympics athletes.



PLNU student-athletes interacting with Special Olympics dignitaries and spending quality time with Special Olympics athletes

BREAD OF LIFE



The Sea Lions Men's Basketball and Women's Volleyball teams serving food at the Bread of Life Ministries homeless shelter.

Our teams partner with Bread of Life Ministries to help prepare and serve food every Saturday. Each week a different team helps with the service. Our women's volleyball team led the way with nearly 350 hours served. These weekly trips have become a favorite of our student-athletes and have had a very strong impact on them. Sea Lions student-athletes committed nearly **650 hours** of service at Bread of Life during the past academic year.

WOUNDED WARRIOR PROJECT

PLNU athletics partnered with Wounded Warrior Project to honor military veterans at signature military appreciation days during select home contests. At each of these events, all active-duty and retired veterans received free admission with military ID, multiple veterans from Wounded Warrior Project were recognized on court/field before the game. Taking their spot alongside student-athletes for the National Anthem and pre-game activities. All veterans in attendance were asked to stand and be recognized, service anthems were played, and the national anthem was performed by members of the United States military and the U.S. Navy color guard. PLNU honors our service men and women all year long with \$1 admission to all home contests with military ID.



Wounded veterans being honored at PLNU Salute to the Military Night in conjunction with Wounded Warrior Project

POINT LOMA

SEA LIONS

BREAST CANCER AWARENESS



PLNU Baseball student-athletes participate as ambassadors at the Susan G. Komen Walk for the Cure



A big part of Point Loma Athletics' community outreach in 2016-17 was focused on drawing attention to breast cancer awareness and raising funds to assist in the fight against the dreaded disease. The Sea Lions baseball team volunteered at the Susan G. Komen Race for the Cure. The team provided labor for the event and were chosen to escort the breast cancer survivors during the Survivor's Parade and Opening Ceremonies.

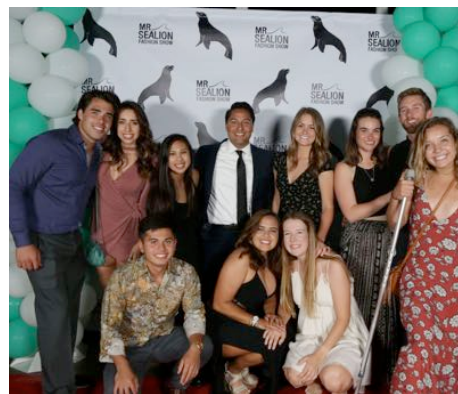
The PLNU women's volleyball team hosted a "Dig Pink Breast Cancer Awareness" event. PLNU Athletics donated \$2 for every ticket sold to the Side-Out Foundation in support of their efforts to fight breast cancer. The team wore pink jerseys and pink PLNU Volleyball shirts were distributed to fans in attendance. The "Dig Pink" volleyball match was the culmination of several days of breast cancer awareness activities on the PLNU campus. There was also a 'Chalk Walk of Hope' on the sidewalk in front of the gym where anyone could write a message or draw a picture of encouragement, admiration, inspiration or in memorandum to loved ones affected by cancer using pink sidewalk chalk. The PLNU men's and women's soccer teams and the women's basketball team all held their own breast cancer awareness games/matches



PLNU Women's Volleyball team during their "Dig Pink" breast cancer awareness event on October 14

MAKE-A-WISH

PLNU student-athletes, led by SAAC, helped generate awareness and raised over \$2,000 for Make-A-Wish at home athletic contests throughout the year. In addition, SAAC hosted fundraising events on campus such as Glow-In-The-Dark Dodgeball following Homecoming game, Penny Wars, and Mr. Sea Lion male "beauty pageant". All of the funds raised at each event was donated to Make-A-Wish.



PLNU student-athletes created events like Mr. Sea Lion and staffed donation tables at PLNU home athletic contests to raise money for Make-A-Wish



POINT LOMA

SEA LIONS

YOUTH DAYS

The PLNU tennis team conducted a free youth tennis clinic spending the fun-filled event teaching, sharing, and having fun with local kids. Nearly every team at PLNU participated in its own youth days. Student-athletes engaged with local kids (under 12 years old) who participate in their sport by inviting them to their games/matches free of charge, signing autographs, participating in in-game activities, taking the field/court with the Sea Lions for the national anthem, then meeting and hanging out with the team after the contest.



Sea Lions student-athletes interact with local community kids at home contests

OPERATION CHRISTMAS CHILD

Led by SAAC, each PLNU team collected toys and necessities, boxed them up and delivered them to Operation Christmas Child Christmas to be given as Christmas gifts to children around the world. Boxes included games, dolls, art supplies, and a host of other fun items providing the children who received them with a holiday season they will never forget.



DISABILITY AWARENESS



PLNU Athletics worked with Adaptive Sports to help them raise awareness about opportunities for the disabled to participate in sports. In addition to promoting Adaptive Sports through PLNU Athletics' marketing assets, two wheelchair basketball teams took the court with the Sea Lions before a men's basketball game and played a game during halftime. The Sea Lions relationship with Adaptive Sports continues to grow and the interaction between able-bodied student-athletes and the athletes from Adaptive Sports has been extremely inspiring.

CAMPUS INVOLVEMENT

NEW STUDENT ORIENTATION

Many Point Loma student-athletes reported to campus a week before classes began to assist with new student orientation. Student-athletes were waiting at the dorms on move-in day to meet new students and help them move their belongings into their dorm rooms. Many student-athletes participated in various activities and informational sessions to help new students acclimate to PLNU.



PLNU student-athletes helping new students move-in to their dorm rooms

FALL FESTIVAL



Each fall PLNU opens its gates to the surrounding community with the annual PLNU Fall Festival. Sea Lions student-athletes took the event to the next level by greeting guests and staffing a crafts table at the event helping children create fun fall arts & crafts. In addition, the PLNU men's basketball team went door-to-door in the surrounding neighborhood giving away free game tickets as a goodwill gesture to the local community. The team distributed over 1,000 tickets and spent time talking and getting to know the people they met.



PLNU Athletics Community Partners

There is an extremely long list of community involvement and outreach projects in which PLNU student-athletes and Athletic Department have participated, not all of them are outlined above. There are many more projects and groups than listed here that PLNU student-athletes continue to impact on a daily basis. Here is a sample listing from the past year:

- Service Trips to Zambia and Colombia
- Special Olympics
- Make-A-Wish
- Dig Pink and other Breast Cancer Awareness Events
- Susan G. Komen Race for the Cure
- Operation Christmas Child
- Wounded Warrior Project
- Bread of Life Homeless Shelter
- City of Hope
- On Campus PLNU Tutoring volunteers
- New Student Orientation
- PLNU Community Day
- Point Loma Youth Days
- American Red Cross
- Women & Families Resource Fair
- Coastkeepers Beach Cleanup
- And many more...



The community involvement events above include highlights from the past year. We also encourage our student-athletes to participate in outreach and service opportunities beyond what is organized by PLNU Athletics. They take this to heart and do tremendous things within their local communities, on campus, in their churches, and in the regional, national, and global communities, far beyond the events listed above. All on top of the 4,000+ hours of community service outlined within this report.

We are VERY PROUD of our student-athletes at PLNU for many reasons; their involvement in the community being one of the biggest.

As they regularly impact their communities in so many ways, the depth and authenticity of their servants hearts continue to amaze us on a daily basis!

Appendix B



Academic Success & Graduation Rate Report

Point Loma Nazarene University

FRESHMAN-COHORT GRADUATION RATES

	All Students	Student-Athletes #
2010-11 Graduation Rate	71%	80%
Four-Class Average	73%	79%
Student-Athlete Academic Success Rate		98%

1. Graduation-Rates Data

a. All Students

	Men				Women				Total			
	2010-11		4-Class		2010-11		4-Class		2010-11		4-Class	
	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	7	57	14	64	11	73	22	64	18	67	36	64
Asian	14	86	50	82	22	91	68	72	36	89	118	76
Black	3	67	11	64	9	67	32	69	12	67	43	67
Hispanic	46	67	117	68	56	68	184	71	102	68	301	70
Nat. Haw./PI	1	0	1	0	3	33	3	33	4	25	4	25
N-R Alien	1	0	4	50	2	50	2	50	3	33	6	50
Two or More	2	50	10	60	2	100	4	75	4	75	14	64
Unknown	0	-	11	73	0	-	13	85	0	-	24	79
White	154	66	605	70	255	75	1039	76	409	71	1644	74
Total	228	66	823	70	360	74	1367	75	588	71	2190	73

b. Student-Athletes

	Men						Women						Total					
	2010-11		4-Class		ASR		2010-11		4-Class		ASR		2010-11		4-Class		ASR	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	0	-	0	-	1	100	0	-	3	100	3	100	0	-	3	100	4	100
Asian	0	-	2	50	4	100	0	-	2	100	5	100	0	-	4	75	9	100
Black	0	-	0	-	3	100	1	100	6	67	6	100	1	100	6	67	9	100
Hispanic	0	-	4	100	13	92	1	100	4	50	8	88	1	100	8	75	21	90
Nat. Haw./PI	0	-	0	-	1	100	0	-	0	-	0	-	0	-	0	-	1	100
N-R Alien	0	-	1	100	1	100	0	-	1	100	1	100	0	-	2	100	2	100
Two or More	0	-	0	-	0	-	0	-	0	-	1	100	0	-	0	-	1	100
Unknown	0	-	1	100	1	100	0	-	0	-	3	100	0	-	1	100	4	100
White	8	63	41	68	46	96	10	90	58	86	109	99	18	78	99	79	155	98
Total	8	63	49	71	70	96	12	92	74	84	136	99	20	80	123	79	206	98

c. Student-Athletes by Sport Category

Baseball				Men's Basketball				Men's CC/Track			
% - N				% - N				% - N			
2010-11	4-Class	ASR		2010-11	4-Class	ASR		2010-11	4-Class	ASR	
Am. Ind./AN	-	-	-	Am. Ind./AN	-	-	100-a	Am. Ind./AN	-	-	-
Asian	-	-	-	Asian	-	-	-	Asian	-	0-a	-
Black	-	-	-	Black	-	-	100-a	Black	-	-	-
Hispanic	-	-	67-a	Hispanic	-	-	100-a	Hispanic	-	100-a	-
Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	100-a	Nat. Haw./PI	-	-	-
N-R Alien	-	-	-	N-R Alien	-	-	-	N-R Alien	-	-	-
Two or More	-	-	-	Two or More	-	-	-	Two or More	-	-	-
Unknown	-	-	-	Unknown	-	-	100-a	Unknown	-	100-a	-
White	67-a	60-b	100-d	White	100-a	83-b	83-b	White	0-a	73-c	-
Total	67-a	60-b	95-d	Total	100-a	83-b	92-c	Total	0-a	71-c	-
Football				Men's Other							
% - N				% - N							
2010-11	4-Class	ASR		2010-11	4-Class	ASR					
Am. Ind./AN	-	-	-	Am. Ind./AN	-	-	-				
Asian	-	-	-	Asian	-	100-a	100-a				
Black	-	-	-	Black	-	-	-				
Hispanic	-	-	-	Hispanic	-	100-a	100-b				
Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	-				
N-R Alien	-	-	-	N-R Alien	-	100-a	100-a				
Two or More	-	-	-	Two or More	-	-	-				
Unknown	-	-	-	Unknown	-	-	-				
White	-	-	-	White	50-a	64-c	96-e				
Total	-	-	-	Total	50-a	74-d	97-e				
Women's Basketball				Women's CC/Track				Women's Other			
% - N				% - N				% - N			
2010-11	4-Class	ASR		2010-11	4-Class	ASR		2010-11	4-Class	ASR	
Am. Ind./AN	-	-	-	Am. Ind./AN	-	100-a	100-a	Am. Ind./AN	-	-	-
Asian	-	-	-	Asian	-	-	100-a	Asian	-	100-a	100-a
Black	-	67-a	100-a	Black	100-a	67-a	100-a	Black	-	-	-
Hispanic	-	-	100-a	Hispanic	-	-	67-a	Hispanic	100-a	50-a	100-a
Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	-
N-R Alien	-	100-a	100-a	N-R Alien	-	-	-	N-R Alien	-	-	-
Two or More	-	-	-	Two or More	-	-	-	Two or More	-	-	100-a
Unknown	-	-	100-a	Unknown	-	-	100-a	Unknown	-	-	100-a
White	100-a	100-a	100-c	White	100-a	100-d	100-e	White	86-b	79-e	98-e
Total	100-a	88-b	100-e	Total	100-a	95-e	98-e	Total	88-b	77-e	98-e

Values for N (a. 1-5, b. 6-10, c. 11-15, d. 16-20, e. greater than 20)

2. Undergraduate-Enrollment Data (All full-time baccalaureate-degree seeking students enrolled 2016-17)

a. All Students	Men N	Women N	Total N	b. Student-athletes #	Men N	Women N	Total N
Am. Ind./AN	5	3	8	Am. Ind./AN	0	0	0
Asian	63	92	155	Asian	1	1	2
Black	20	25	45	Black	1	1	2
Hispanic	198	367	565	Hispanic	7	17	24
Nat. Haw./PI	10	15	25	Nat. Haw./PI	0	1	1
N-R Alien	19	13	32	N-R Alien	8	2	10
Two or More	62	134	196	Two or More	5	5	10
Unknown	14	30	44	Unknown	0	2	2
White	544	978	1522	White	31	57	88
Total	935	1657	2592	Total	53	86	139

c. Student-Athletes # By Sports Category

Men	Basketball	Baseball	CC/Track	Football	Other
Am. Ind./AN	0	0	0	0	0
Asian	0	1	0	0	0
Black	1	0	0	0	0
Hispanic	1	3	0	0	3
Nat. Haw./PI	0	0	0	0	0
N-R Alien	0	1	0	0	7
Two or More	1	1	0	0	3
Unknown	0	0	0	0	0
White	8	13	0	0	10
Total	11	19	0	0	23

Women	Basketball	CC/Track	Other
Am. Ind./AN	0	0	0
Asian	1	0	0
Black	1	0	0
Hispanic	1	4	12
Nat. Haw./PI	1	0	0
N-R Alien	0	0	2
Two or More	0	2	3
Unknown	0	0	2
White	7	17	33
Total	11	23	52

#Only student-athletes receiving athletics aid are included in this report.



INFORMATION ABOUT THE GRADUATION RATES INSTITUTION REPORT

Introduction.

This information sheet and the NCAA Graduation Rates Institution Report have been prepared by the NCAA, based on data provided by the institution in compliance with NCAA Bylaw 18.4.2.2.1 (admissions and graduation-rate disclosure) and the federal Student Right-to-Know and Campus Security Act. Please note, the NCAA will make this report public.

The report gives graduation information about the most recent six-year graduating class of students and student-athletes who entered as freshmen in 2010-11. The graduation rate (percent) is based on a comparison of the number (N) of students who entered a college or university and the number of those who graduated within six years. For example, if 100 students entered and 60 graduated within six years, the graduation rate is 60 percent.

The Graduation Rates Institution Report provides information about two groups of students:

1. All Students. All undergraduate students who were enrolled in a full-time program of studies for a baccalaureate degree; and
2. Student-Athletes. Student-athletes who received athletics aid from the school for any period of time during their entering year. [Note: Athletics aid is a grant, scholarship, tuition waiver or other assistance from a college or university that is awarded on the basis of a student's athletics ability.]

Two different measures of graduation rates are presented in this report: Federal Graduation Rate and Academic Success Rate. The Federal Graduation Rate indicates the percentage of freshmen who entered and received athletics aid during a given academic year who graduated within six years. The ASR adds to the first-time freshmen, those students who entered midyear, first-time freshmen who did not receive athletics aid but participated in athletics, and student-athletes who transferred into an institution and participated in athletics. Both the Federal Graduation Rate and the ASR subtracts students from the entering cohort who are considered allowable exclusions (i.e., those who either die or become permanently disabled, those who leave the school to join the armed forces, foreign services or attend a church mission). In addition, the ASR subtracts those who left the institution prior to graduation, had athletics eligibility remaining and would have been academically eligible to compete had they returned to the institution.

Graduation Rates Report.

1. ASR Data. The box at the top of the Graduation Rates Institution Report provides the most recent class (i.e., 2010-11) and four-class Federal Graduation Rate for all students and for student-athletes who received athletics aid at this school. Additionally, this box provides ASR data for the population of student-athletes. [**Note: Pursuant to the**

Student-Right-to-Know Act, anytime a cell containing cohort numbers includes only one or two students, the data in that cell and one other will be suppressed so that no individual can be identified.]

- a. All Students. This section provides the freshman-cohort graduation rates for all full-time, degree-seeking students by race or ethnic group. It shows the rate for men who entered as freshmen in 2010-11 and the four-class average, which includes those who entered as freshmen in 2007-08, 2008-09, 2009-10 and 2010-11. The same rates are provided for women. The total for 2010-11 is the rate for men and women combined and the four-class average is for all students who entered in 2007-08, 2008-09, 2009-10 and 2010-11.
- b. Student-Athletes. This section provides the freshman-cohort graduation rates and also the ASR for student-athletes in each race and ethnic group who either received athletics aid or participated in athletics their initial year at the institution. Information is provided for men and women separately and for all student-athletes.
- c. Student-Athletes by Sports Categories. This section provides the identified graduation rates as in 2-b for each of the eight sports categories. (The small letters indicate the value of N).

2. Undergraduate Enrollment Data.

- a. All Students. This section indicates the number of full-time, undergraduate, baccalaureate, degree-seeking students enrolled for the 2016 fall term and the number of men and women in each racial or ethnic group.
- b. Student-Athletes. This section identifies how many student-athletes were enrolled and received athletics aid for the 2016-17 academic year and the number of men and women in each racial or ethnic group.
- c. Student-Athletes by Sports Categories. This section provides the enrollment data as identified in 3-b for each of the eight sports categories.

Appendix C



Student-Athlete G.P.A. Report

2016-17 ATHLETICS GPA REPORT

13:42 Tuesday, May 30, 2017

1

	Fall 2016 Enrolled	Fall 2016 Average Term GPA (Weighted)	Fall 2016 Average Cumulative GPA (Weighted)	Spring 2017 Enrolled	Spring 2017 Average Term GPA (Weighted)	Spring 2017 Average Cumulative GPA (Weighted)	AY 2016/17 Enrolled (Unduplicated)	AY 2016/17 Average Term GPA (Weighted)
ALL UNDERGRADUATES	3,030	3.35	3.28	2,907	3.36	3.30	3,240	3.35
Total Non-Athletes	2,834	3.35	3.28	2,715	3.36	3.30	3,037	3.35
Male Non-Athletes	980	3.20	3.14	934	3.23	3.17	1,042	3.22
Female Non-Athletes	1,854	3.42	3.35	1,781	3.43	3.37	1,995	3.43
Total Athletes	196	3.34	3.30	192	3.40	3.33	203	3.37
Male Athletes	80	3.20	3.13	79	3.20	3.15	84	3.20
Baseball	33	3.26	3.12	34	3.22	3.13	34	3.24
Basketball	14	2.92	2.80	14	2.95	2.84	14	2.93
Soccer	25	3.15	3.20	23	3.20	3.22	28	3.17
Tennis	8	3.58	3.57	8	3.57	3.57	8	3.57
Female Athletes	116	3.44	3.44	113	3.53	3.47	119	3.49
Basketball	13	3.37	3.31	13	3.42	3.34	13	3.39
Cross-Country	18	3.31	3.33	17	3.36	3.37	18	3.33
Golf	7	3.67	3.59	7	3.66	3.61	7	3.66
Soccer	26	3.47	3.49	23	3.61	3.53	26	3.54
Tennis	9	3.39	3.26	9	3.59	3.32	9	3.49
Track	45	3.47	3.51	47	3.53	3.52	47	3.50
Volleyball	15	3.38	3.40	14	3.43	3.41	16	3.40

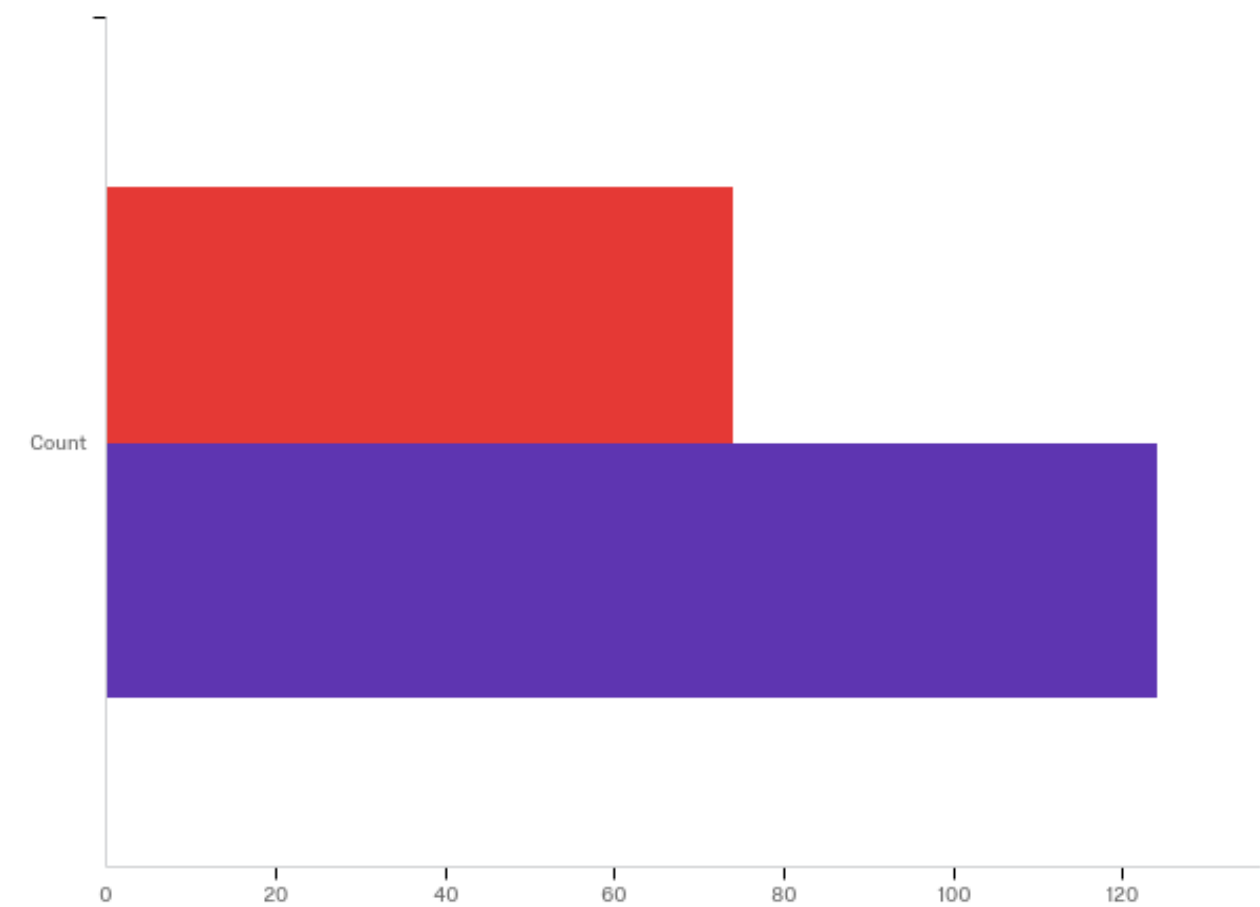
Appendix D



Sports Survey

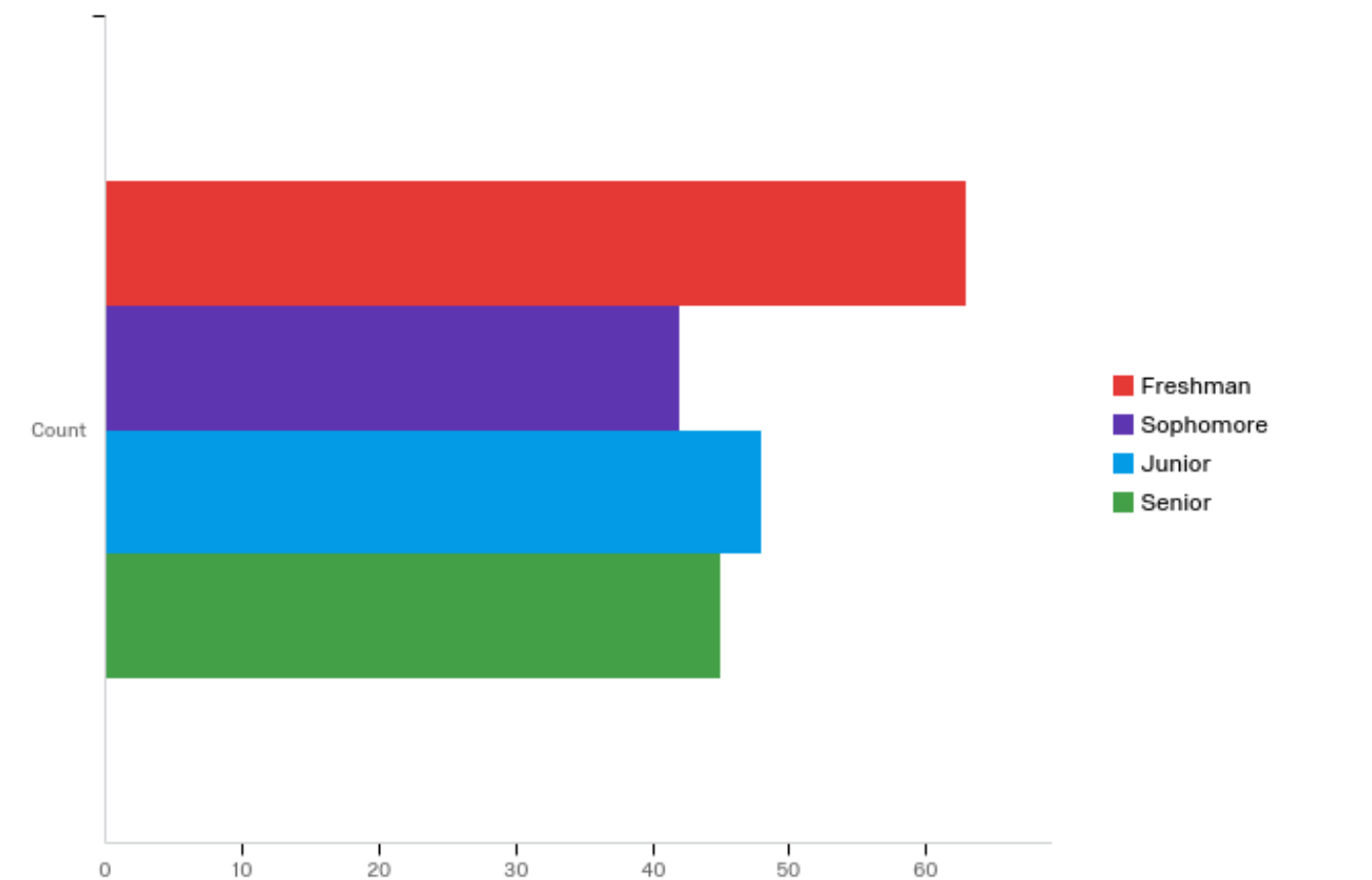
2016-2017 All Student-Athlete Survey

Q1 - Gender:



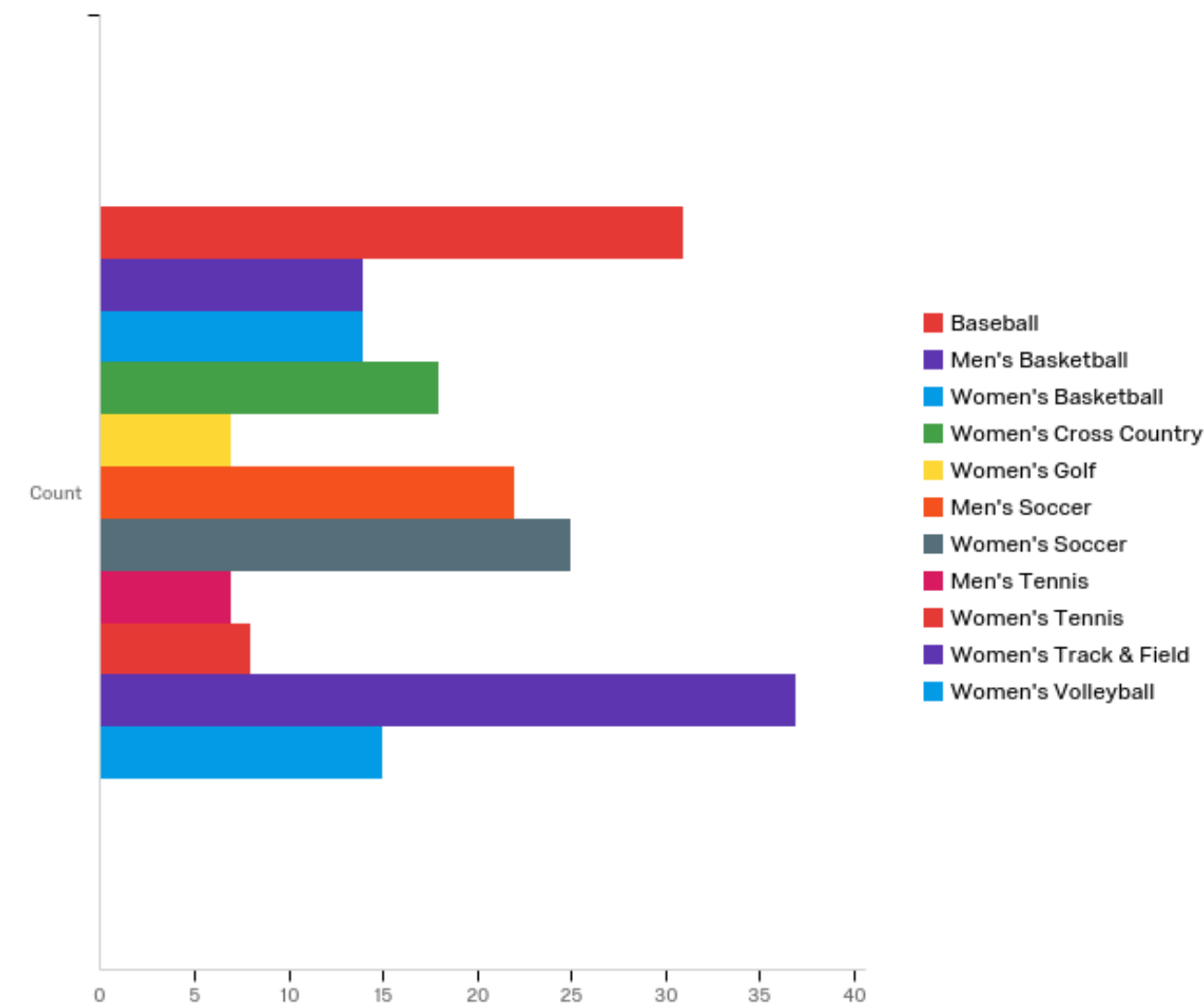
#	Answer	%	Count
1	Male	37.37%	74
2	Female	62.63%	124
	Total	100%	198

Q2 - Year (Athletic Eligibility)



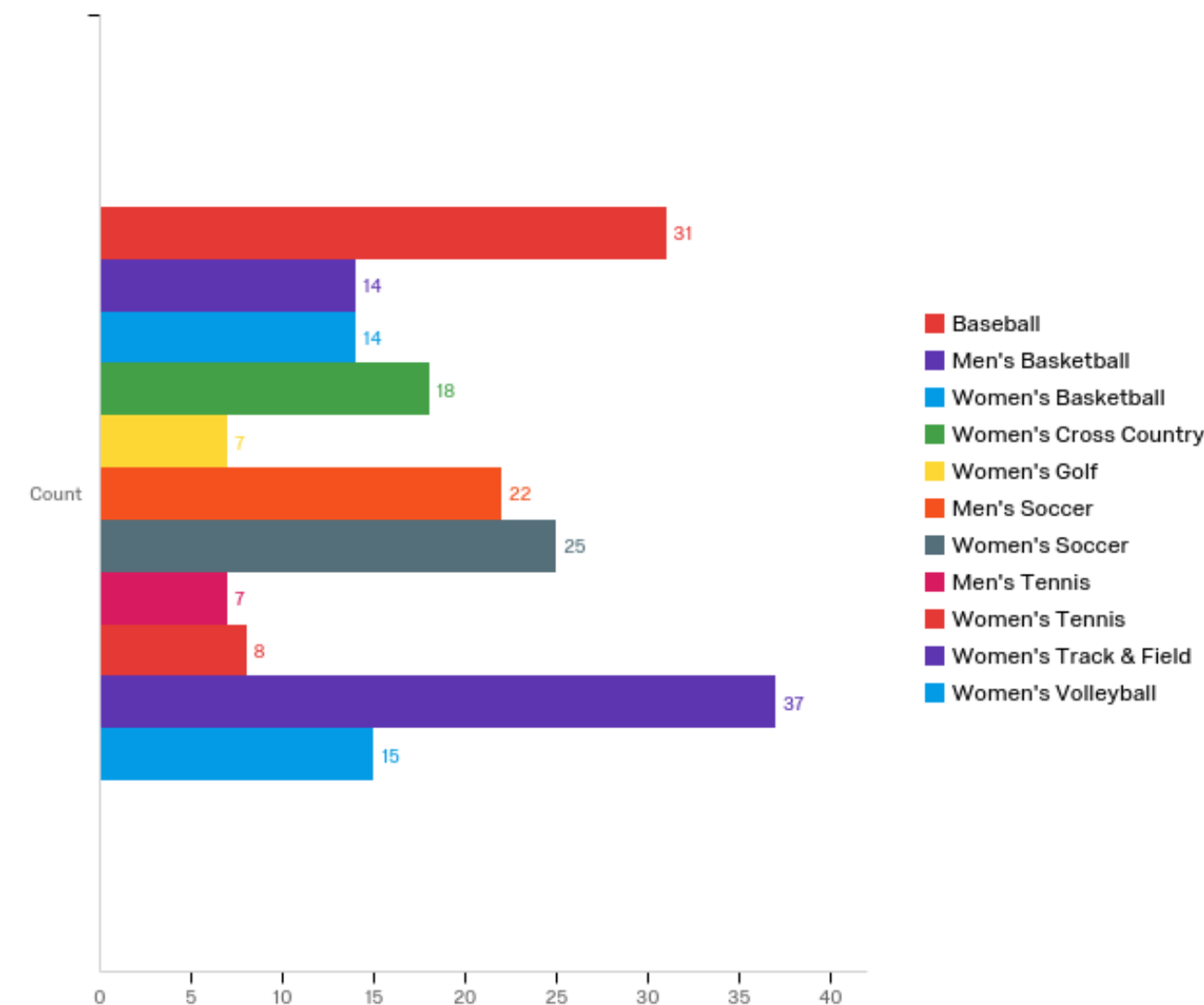
#	Answer	%	Count
1	Freshman	31.82%	63
2	Sophomore	21.21%	42
3	Junior	24.24%	48
4	Senior	22.73%	45
	Total	100%	198

Q3 - Did you come to PLNU as a

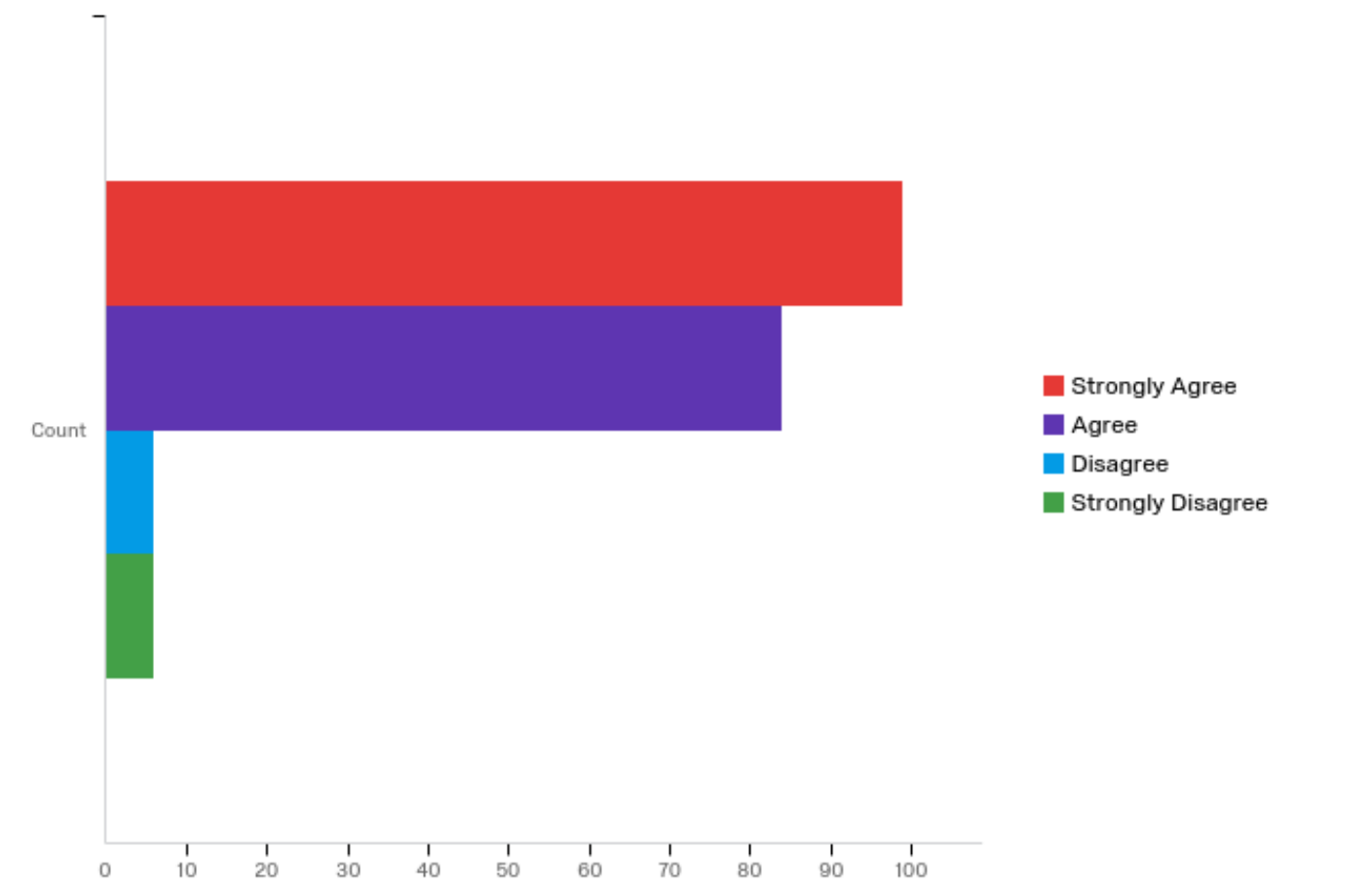


#	Answer	%	Count
1	Freshman	76.77%	152
2	Transfer	23.23%	46
	Total	100%	198

Q4 - Sport (Choose one)

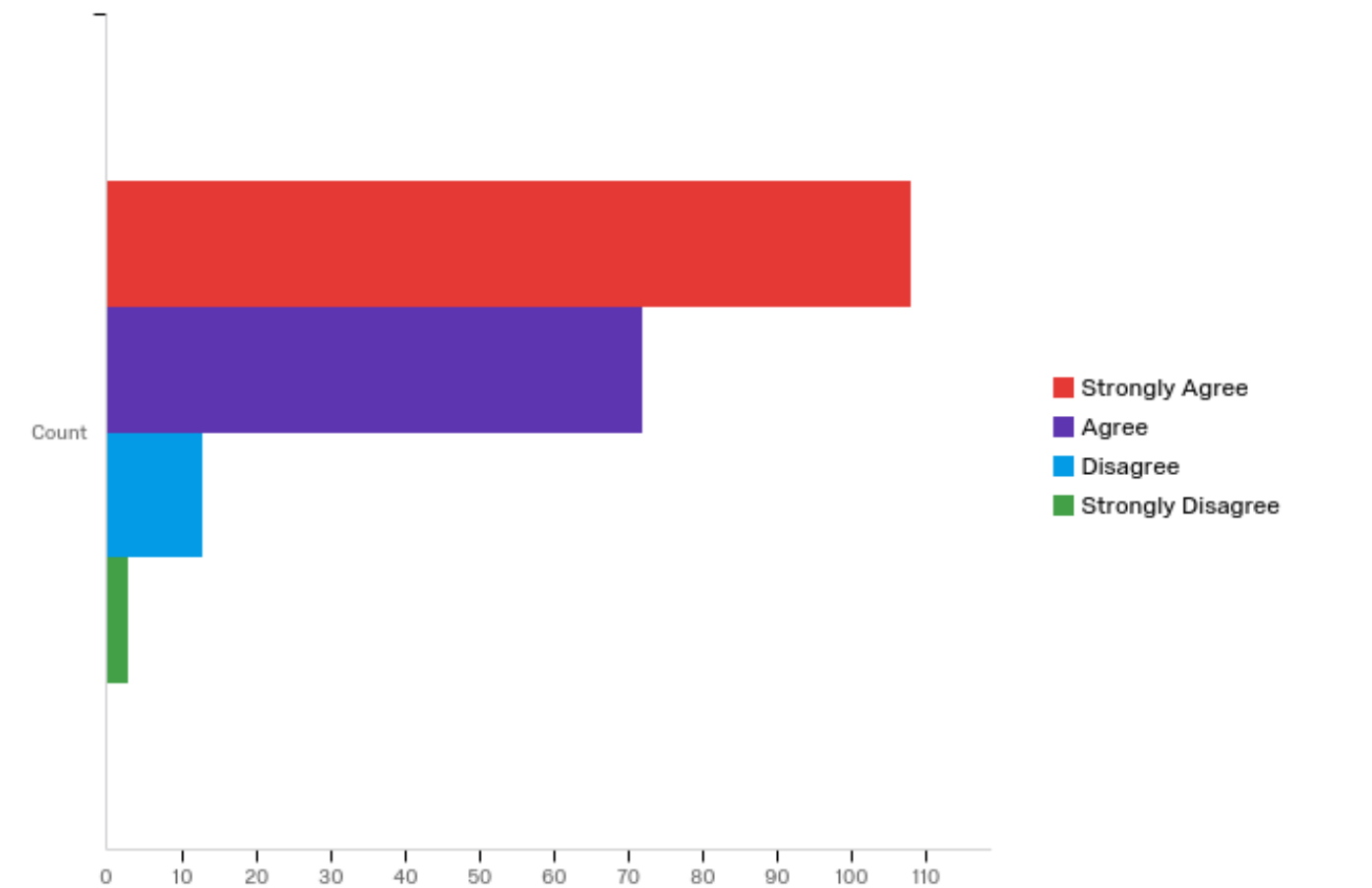


Q5 - The athletic training room is accessible and meets my expectations.



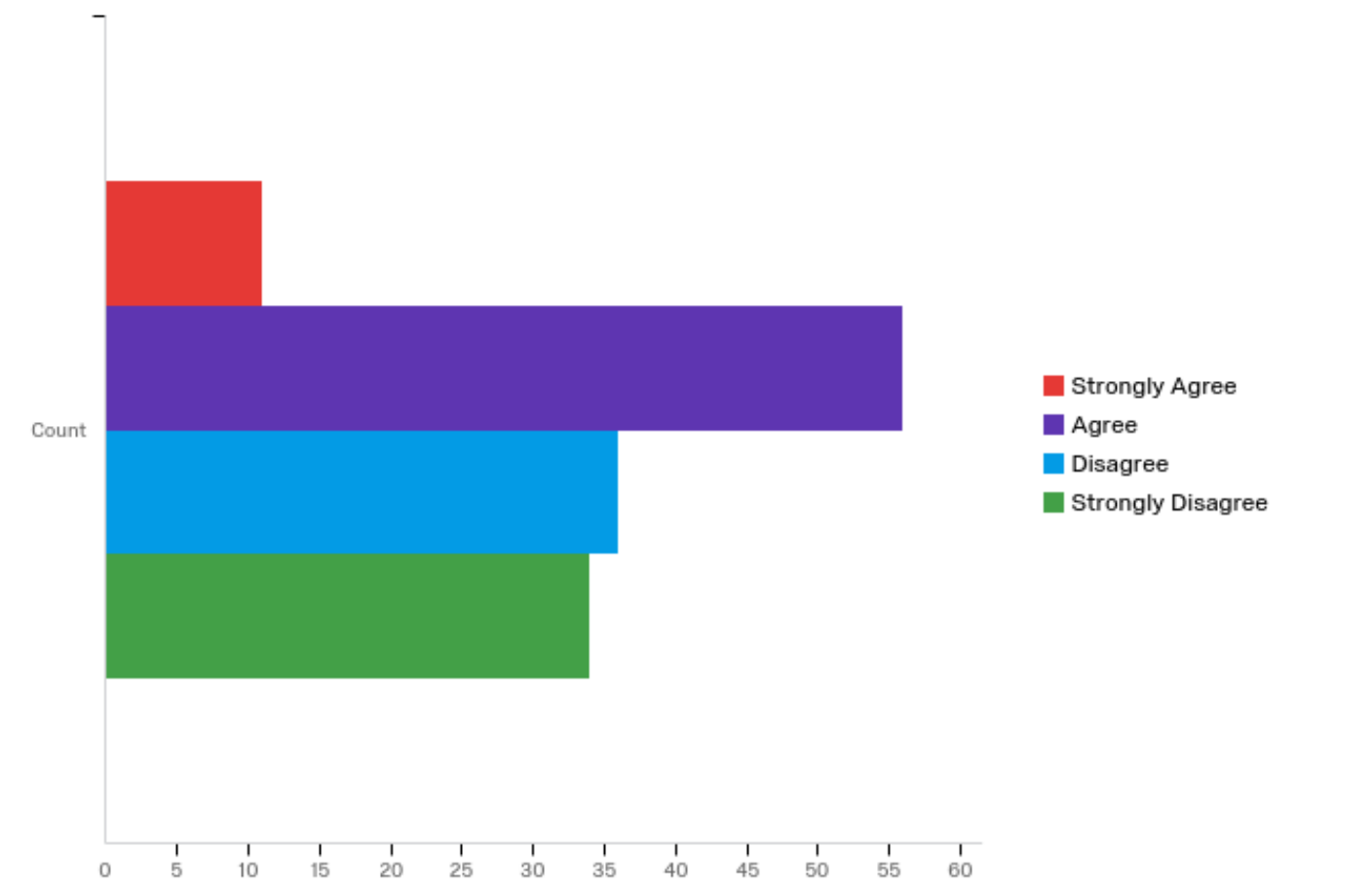
#	Answer	%	Count
1	Strongly Agree	50.77%	99
2	Agree	43.08%	84
3	Disagree	3.08%	6
4	Strongly Disagree	3.08%	6
	Total	100%	195

Q6 - Our athletic training staff provided quality prevention, evaluation, treatment, and rehabilitation for injuries.



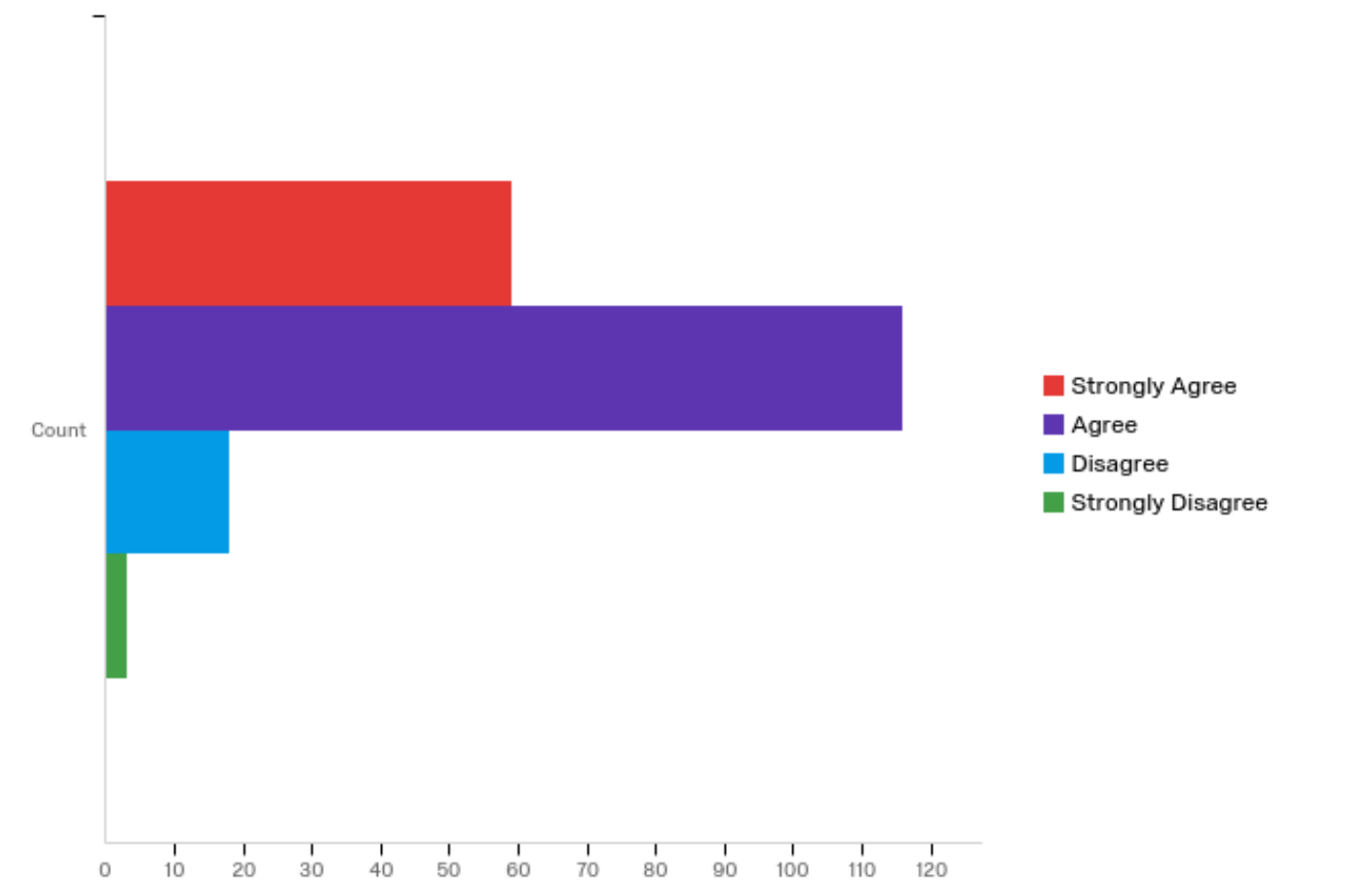
#	Answer	%	Count
1	Strongly Agree	55.10%	108
2	Agree	36.73%	72
3	Disagree	6.63%	13
4	Strongly Disagree	1.53%	3
	Total	100%	196

Q7 - Velocity workout sessions were beneficial and productive.



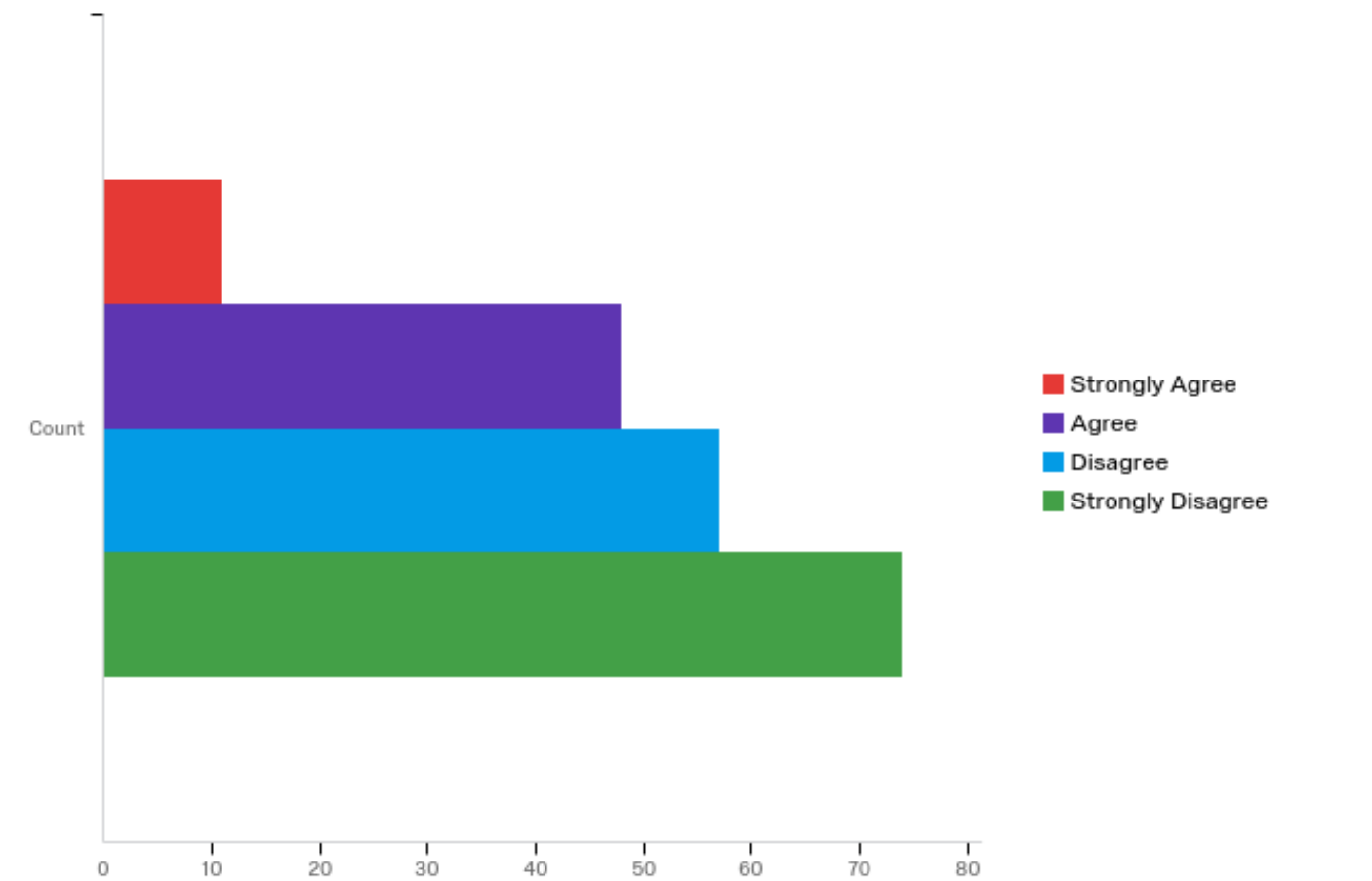
#	Answer	%	Count
1	Strongly Agree	8.03%	11
2	Agree	40.88%	56
3	Disagree	26.28%	36
4	Strongly Disagree	24.82%	34
	Total	100%	137

Q8 - Practice and contest facilities for my sport are adequate.



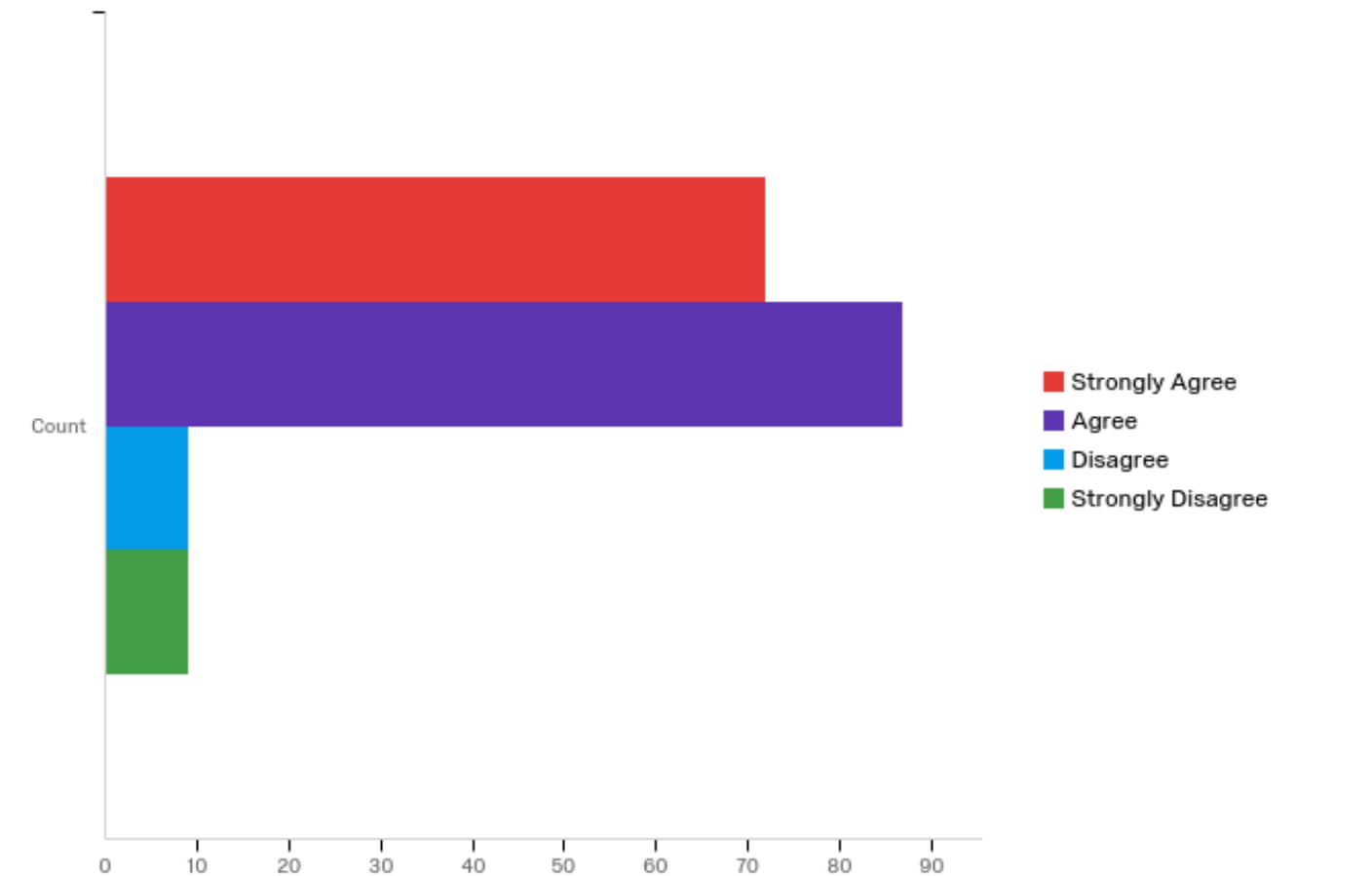
#	Answer	%	Count
1	Strongly Agree	30.10%	59
2	Agree	59.18%	116
3	Disagree	9.18%	18
4	Strongly Disagree	1.53%	3
	Total	100%	196

Q9 - Our locker room is adequate and meets our team needs.



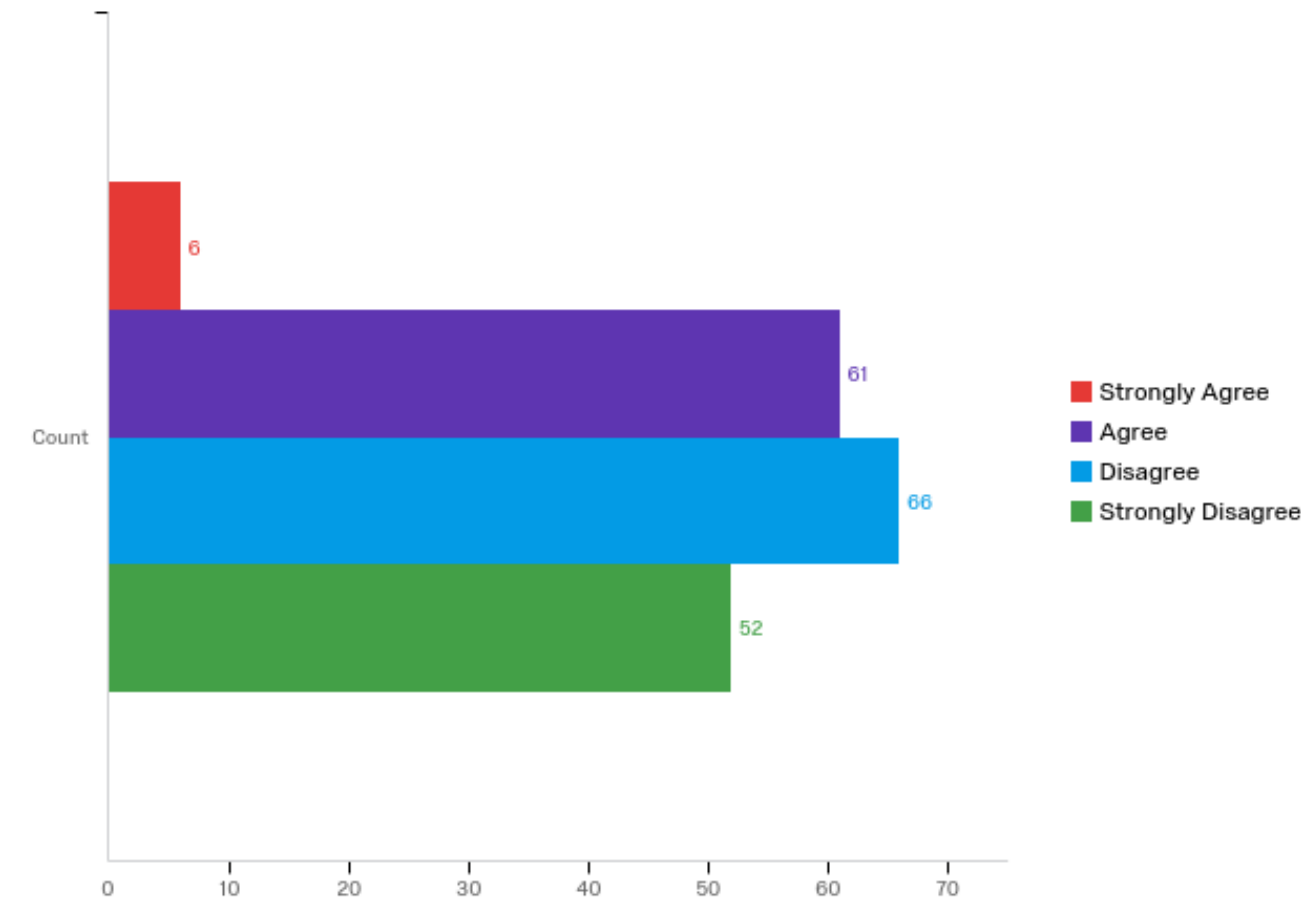
#	Answer	%	Count
1	Strongly Agree	5.79%	11
2	Agree	25.26%	48
3	Disagree	30.00%	57
4	Strongly Disagree	38.95%	74
	Total	100%	190

Q10 - I found that our lodging and per-diem was adequate when traveling.



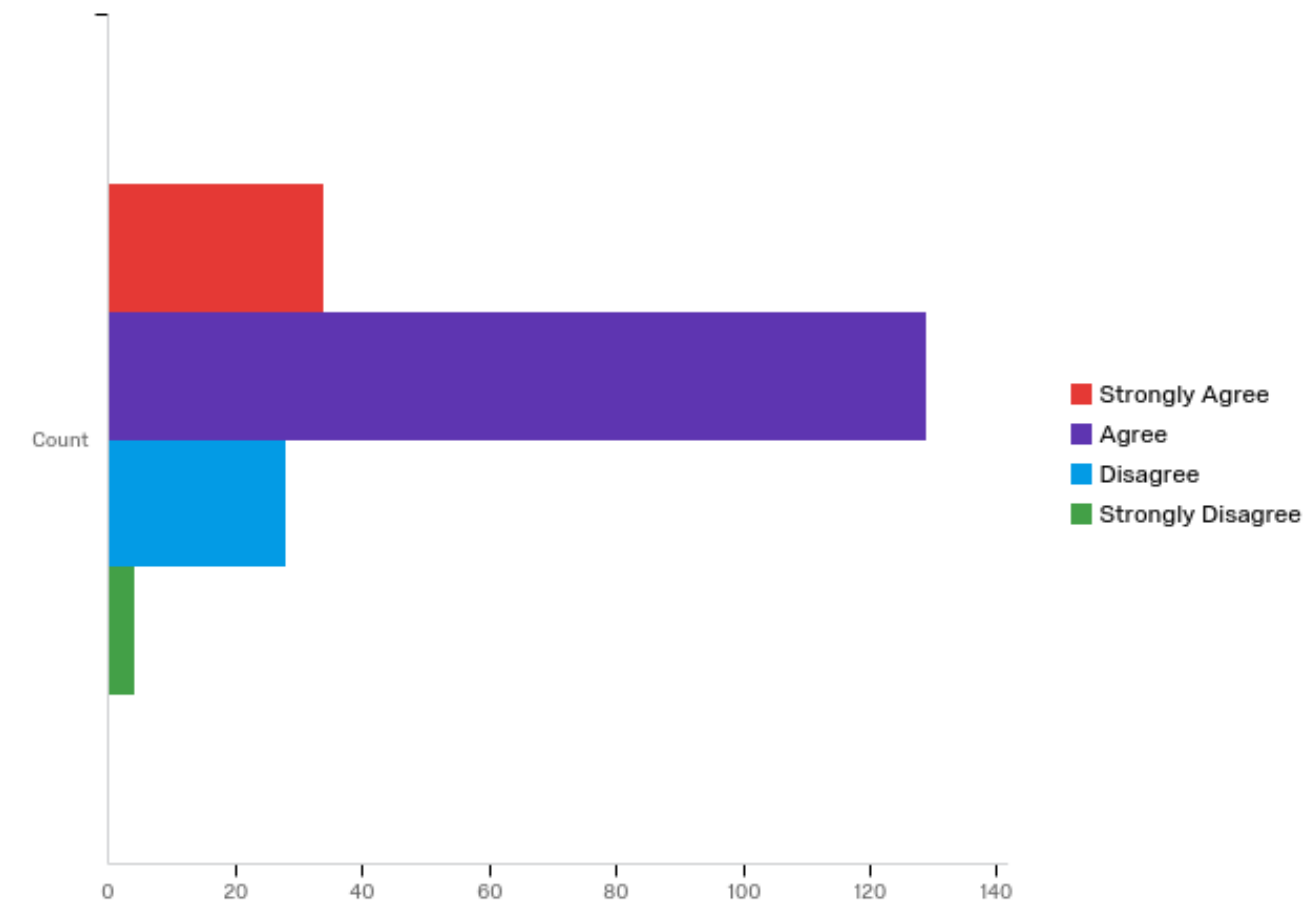
#	Answer	%	Count
1	Strongly Agree	40.68%	72
2	Agree	49.15%	87
3	Disagree	5.08%	9
4	Strongly Disagree	5.08%	9
	Total	100%	177

Q11 - Our dining facility fits my needs (i.e. hours of operation, nutrition, variety, etc.).



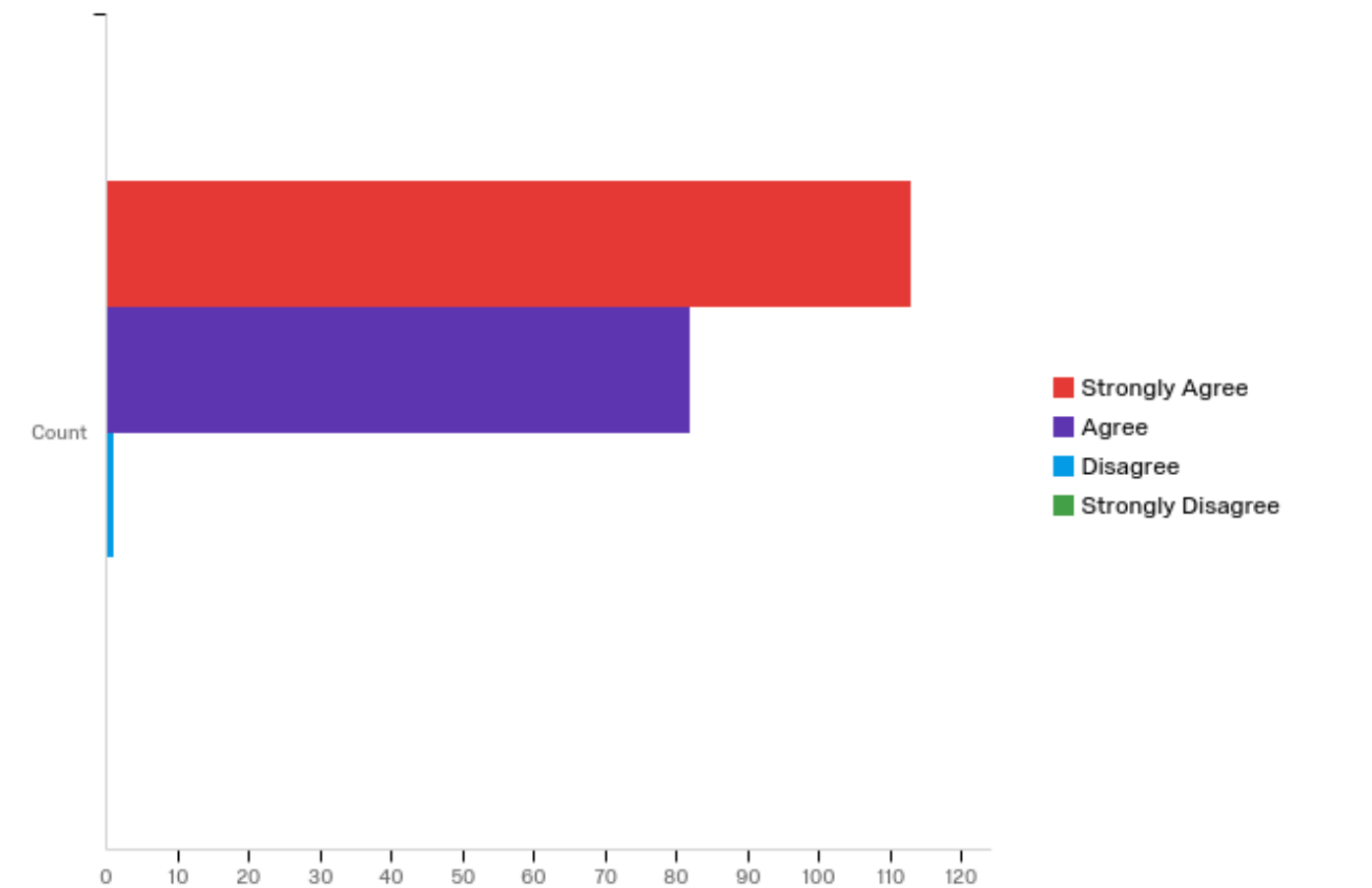
#	Answer	%	Count
1	Strongly Agree	3.24%	6
2	Agree	32.97%	61
3	Disagree	35.68%	66
4	Strongly Disagree	28.11%	52
	Total	100%	185

Q12 - I believe the students are aware of our athletic website and social media (i.e. Twitter, Facebook, etc.).



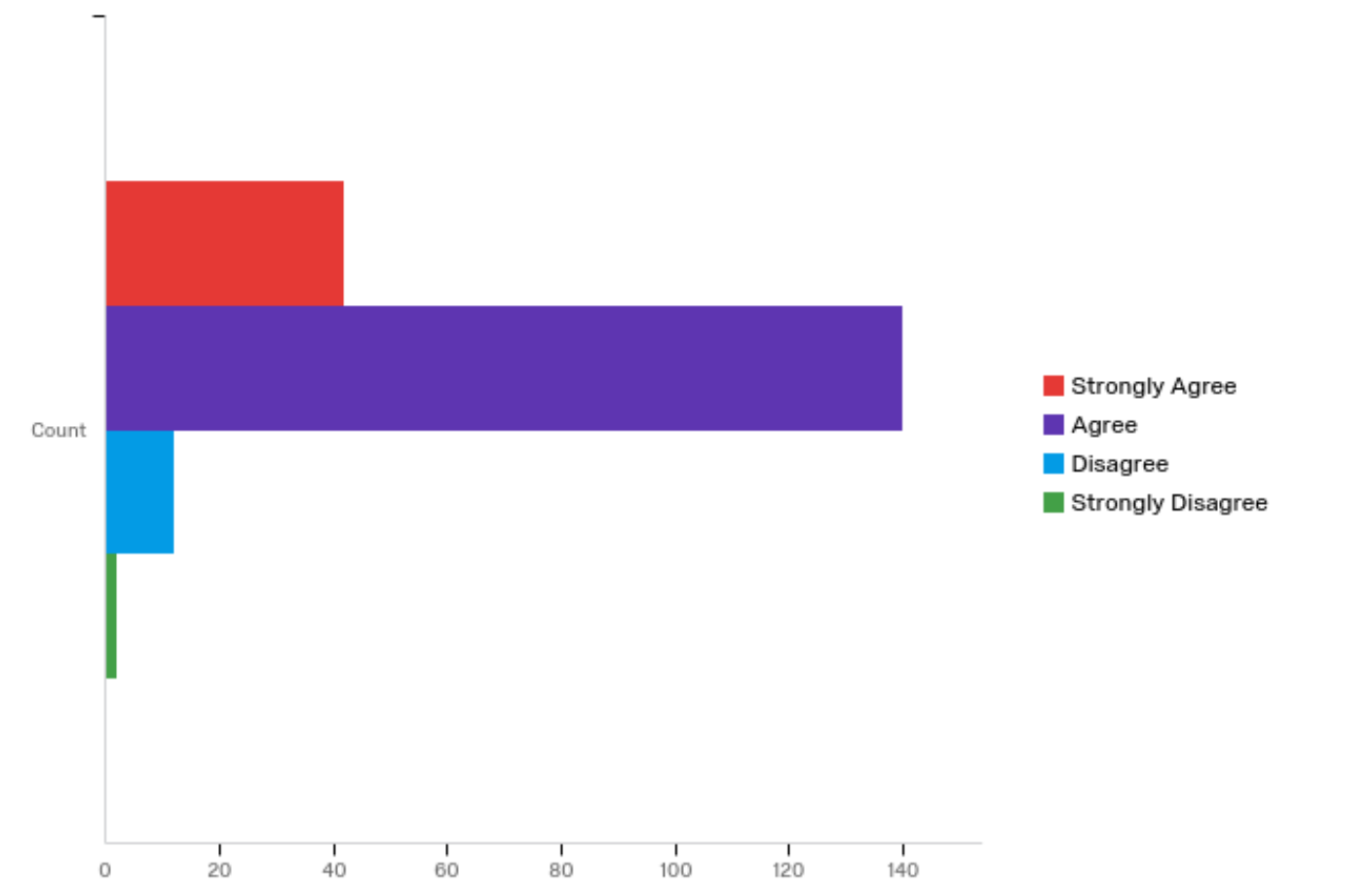
#	Answer	%	Count
1	Strongly Agree	17.44%	34
2	Agree	66.15%	129
3	Disagree	14.36%	28
4	Strongly Disagree	2.05%	4
	Total	100%	195

Q13 - I have been educated properly by the PLNU Athletic Department regarding NCAA rules.



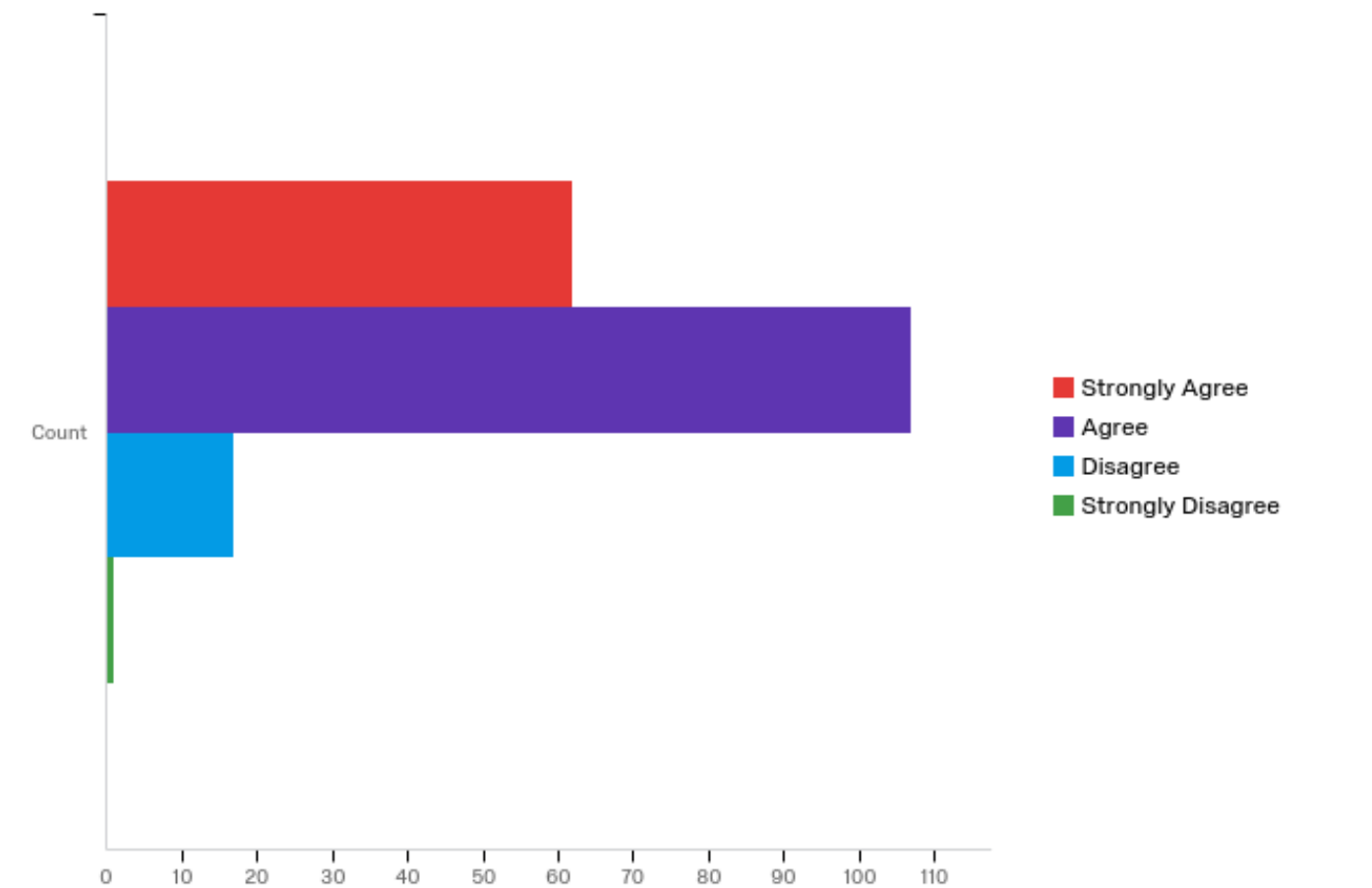
#	Answer	%	Count
1	Strongly Agree	57.65%	113
2	Agree	41.84%	82
3	Disagree	0.51%	1
4	Strongly Disagree	0.00%	0
	Total	100%	196

Q14 - I am able to focus on academics while playing this sport.



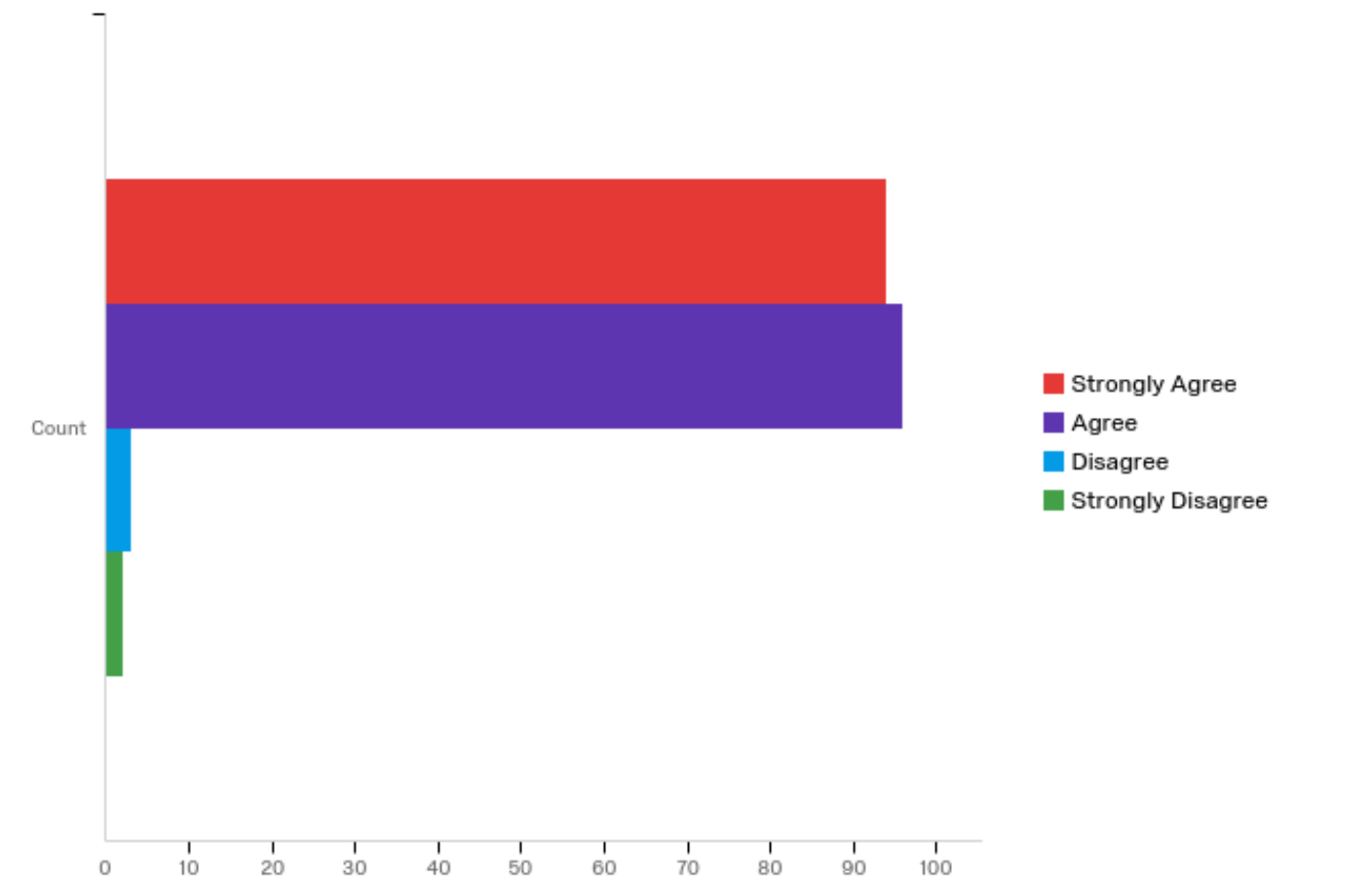
#	Answer	%	Count
1	Strongly Agree	21.43%	42
2	Agree	71.43%	140
3	Disagree	6.12%	12
4	Strongly Disagree	1.02%	2
	Total	100%	196

Q15 - PLNU professors were willing to work with me regarding missed class time and provided me with helpful academic counseling.



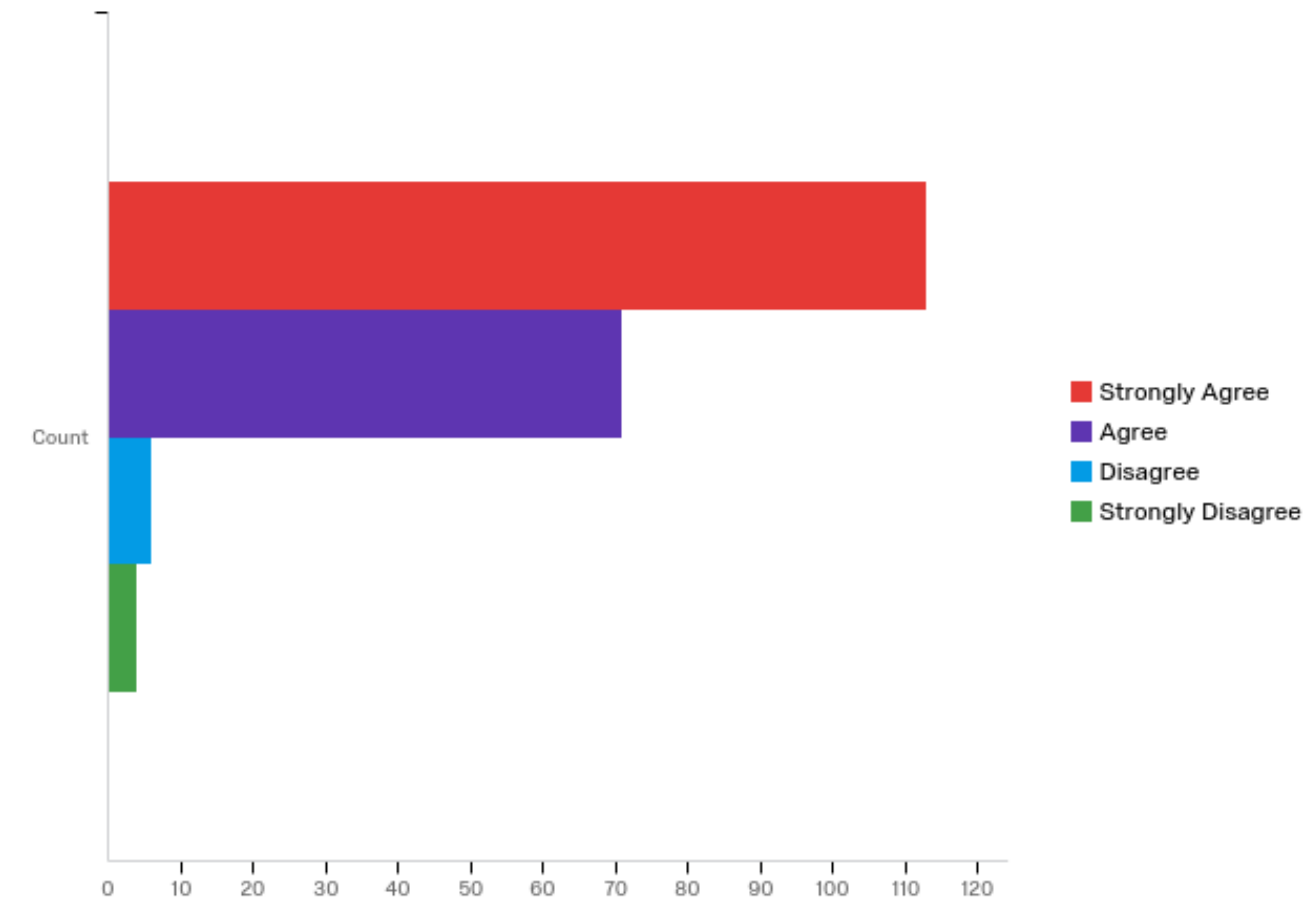
#	Answer	%	Count
1	Strongly Agree	33.16%	62
2	Agree	57.22%	107
3	Disagree	9.09%	17
4	Strongly Disagree	0.53%	1
	Total	100%	187

Q16 - My coaches emphasized the importance of academics.



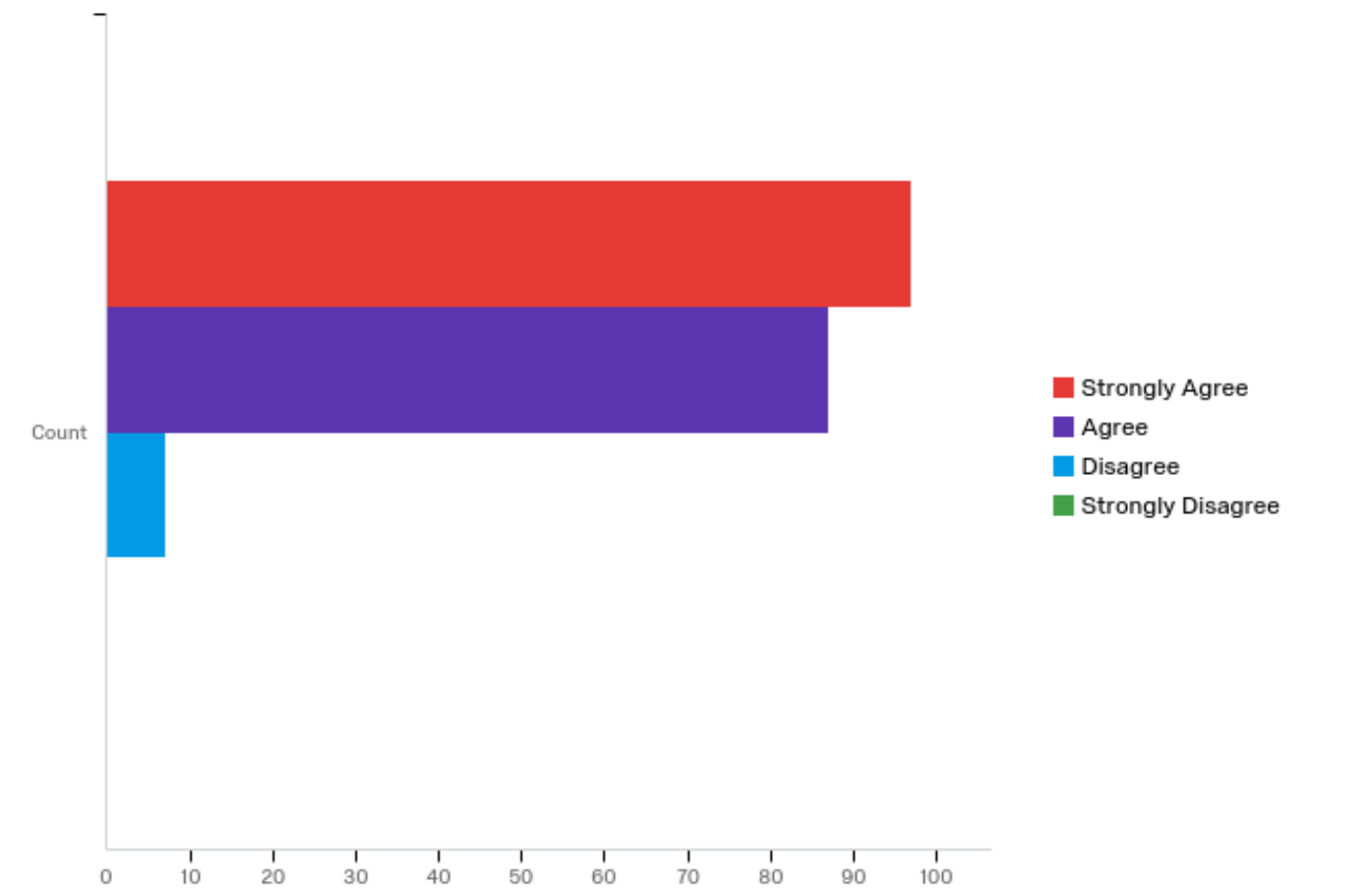
#	Answer	%	Count
1	Strongly Agree	48.21%	94
2	Agree	49.23%	96
3	Disagree	1.54%	3
4	Strongly Disagree	1.03%	2
	Total	100%	195

Q17 - I consider my Head Coach to be a positive influence on my teammates and me.



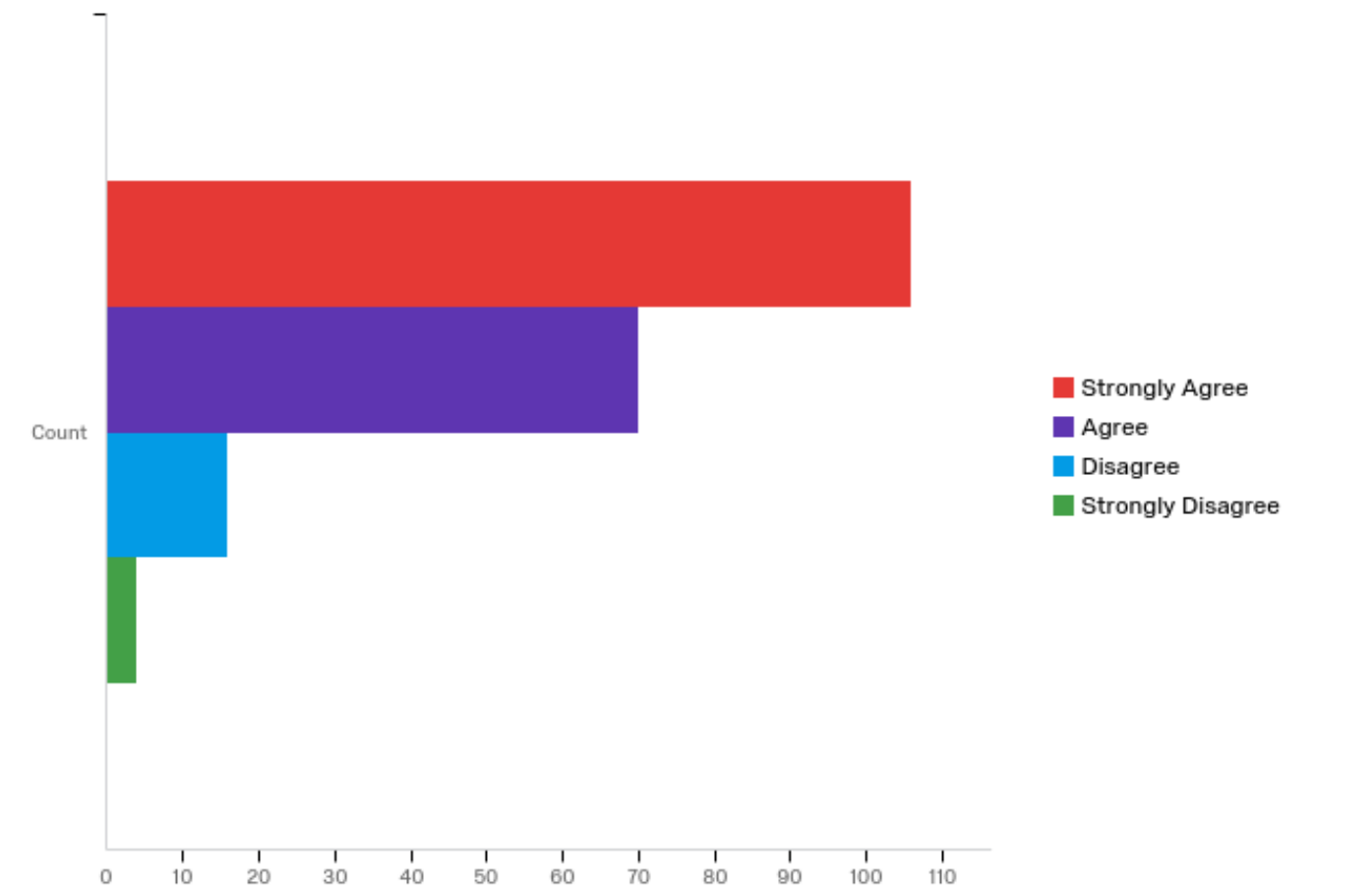
#	Answer	%	Count
1	Strongly Agree	58.25%	113
2	Agree	36.60%	71
3	Disagree	3.09%	6
4	Strongly Disagree	2.06%	4
	Total	100%	194

Q18 - I consider my Assistant Coach(es) to be a positive influence on my teammates and me.



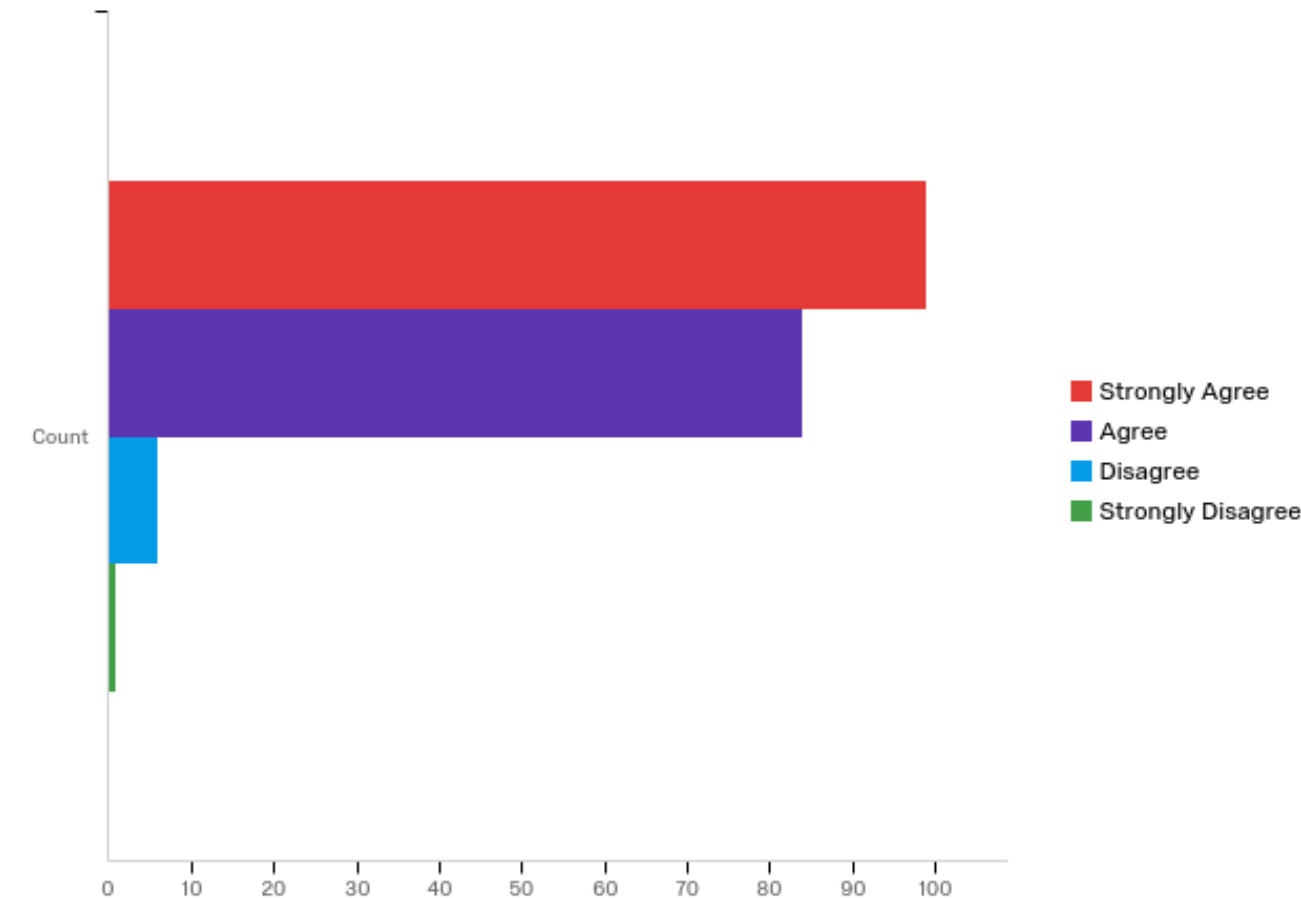
#	Answer	%	Count
1	Strongly Agree	50.79%	97
2	Agree	45.55%	87
3	Disagree	3.66%	7
4	Strongly Disagree	0.00%	0
	Total	100%	191

Q19 - I feel my Head Coach really cares about me as a person, as well as an athlete. I know I can talk to him/her about my concerns.



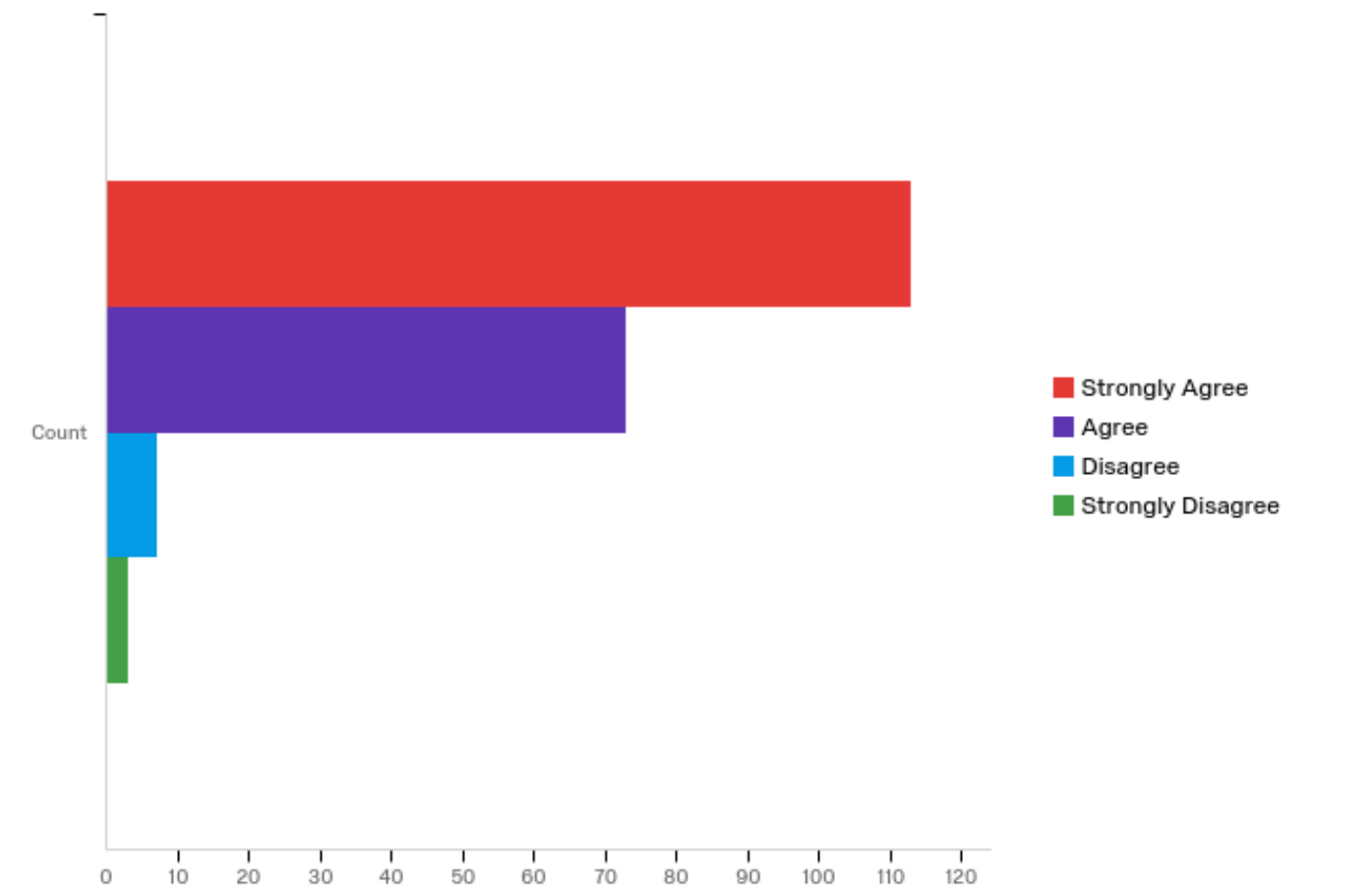
#	Answer	%	Count
1	Strongly Agree	54.08%	106
2	Agree	35.71%	70
3	Disagree	8.16%	16
4	Strongly Disagree	2.04%	4
	Total	100%	196

Q20 - I feel my Assistant Coach(es) really care about me as a person, as well as an athlete.
I know I can talk to them about my concerns.



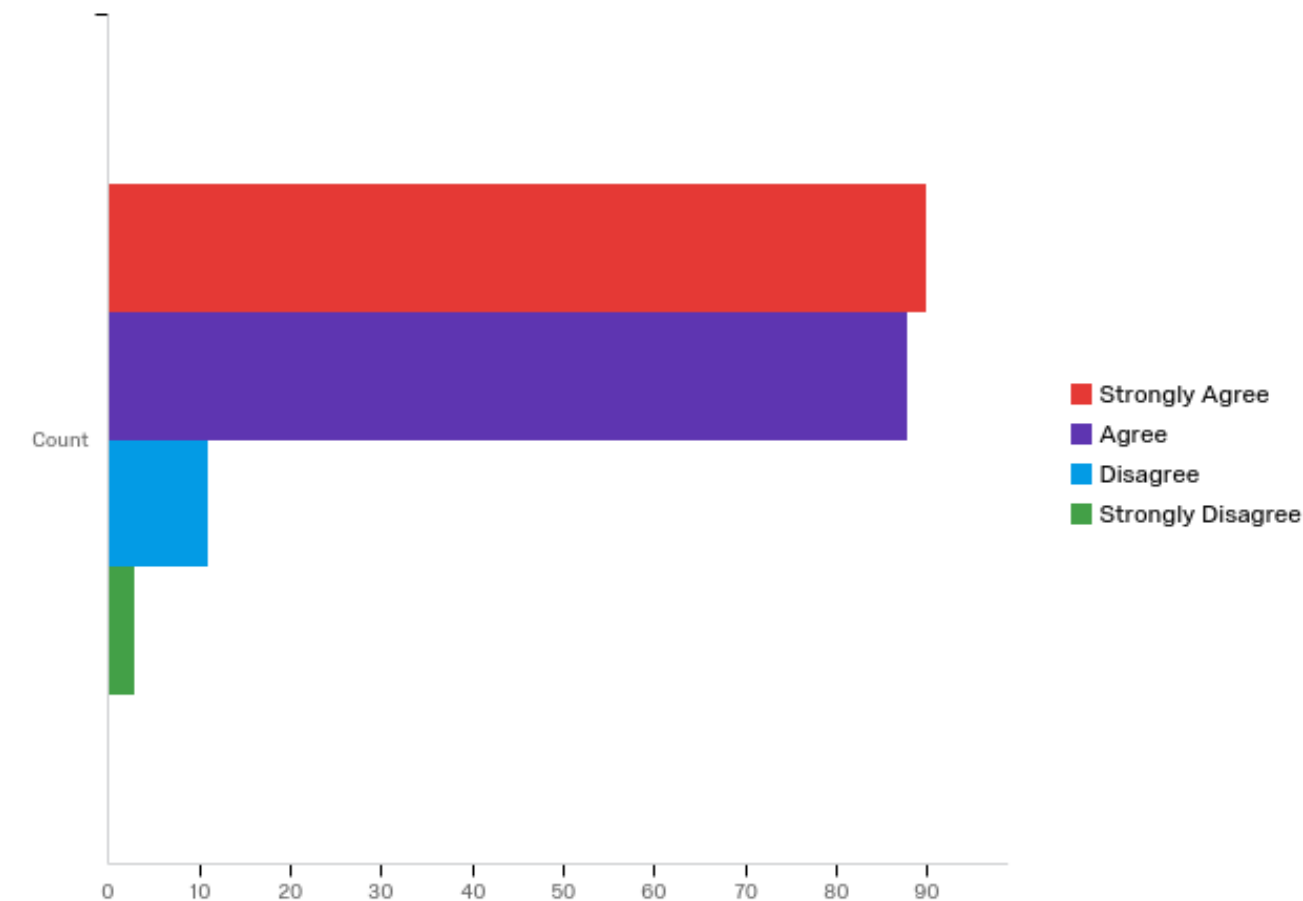
#	Answer	%	Count
1	Strongly Agree	52.11%	99
2	Agree	44.21%	84
3	Disagree	3.16%	6
4	Strongly Disagree	0.53%	1
	Total	100%	190

Q21 - My Head Coach is knowledgeable about my sport and is good at teaching me the skills necessary to improve and compete at my position.



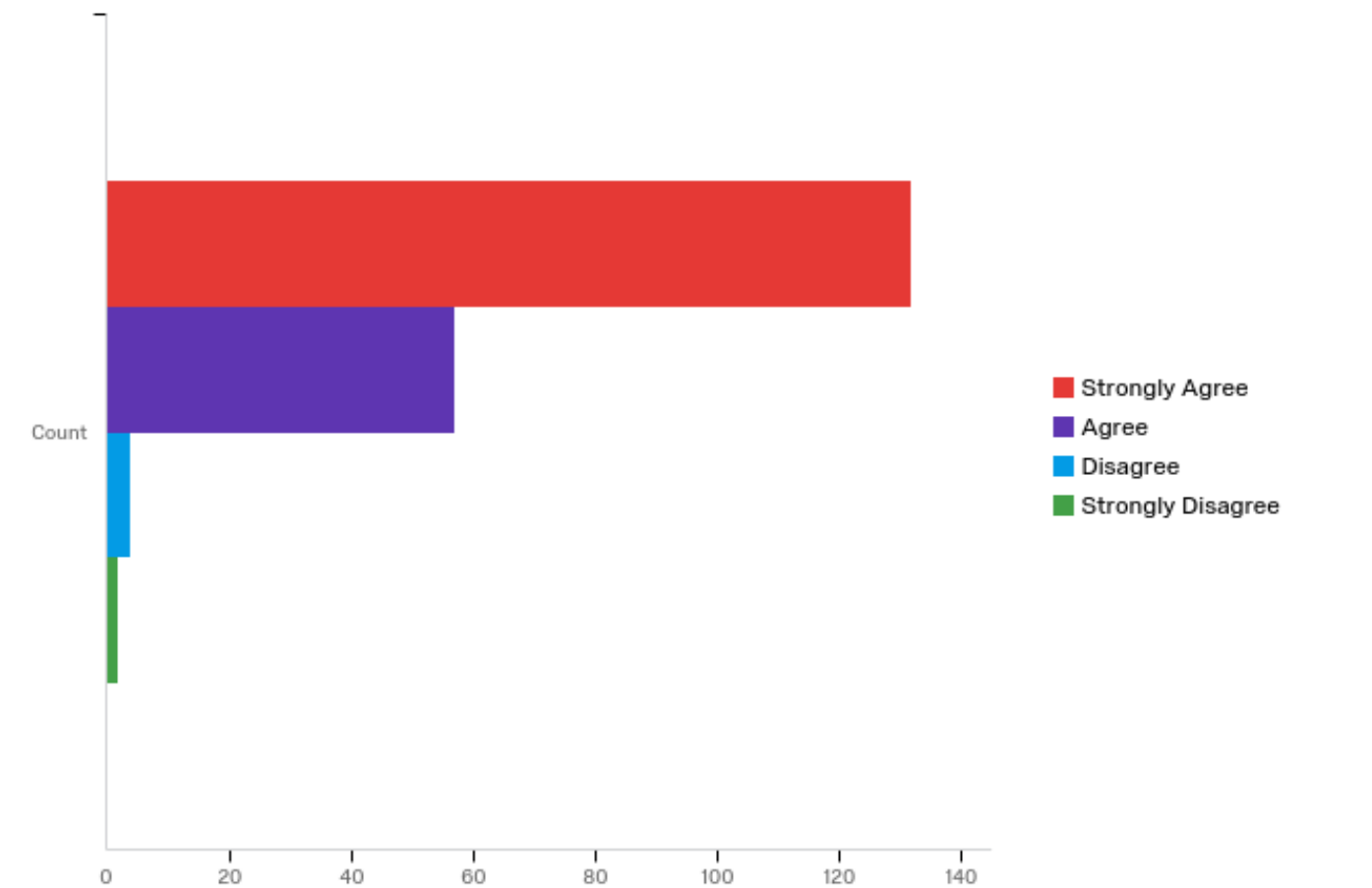
#	Answer	%	Count
1	Strongly Agree	57.65%	113
2	Agree	37.24%	73
3	Disagree	3.57%	7
4	Strongly Disagree	1.53%	3
	Total	100%	196

Q22 - My Assistant Coach(es) are knowledgeable about my sport and are good at teaching me the skills necessary to improve and compete at my position.



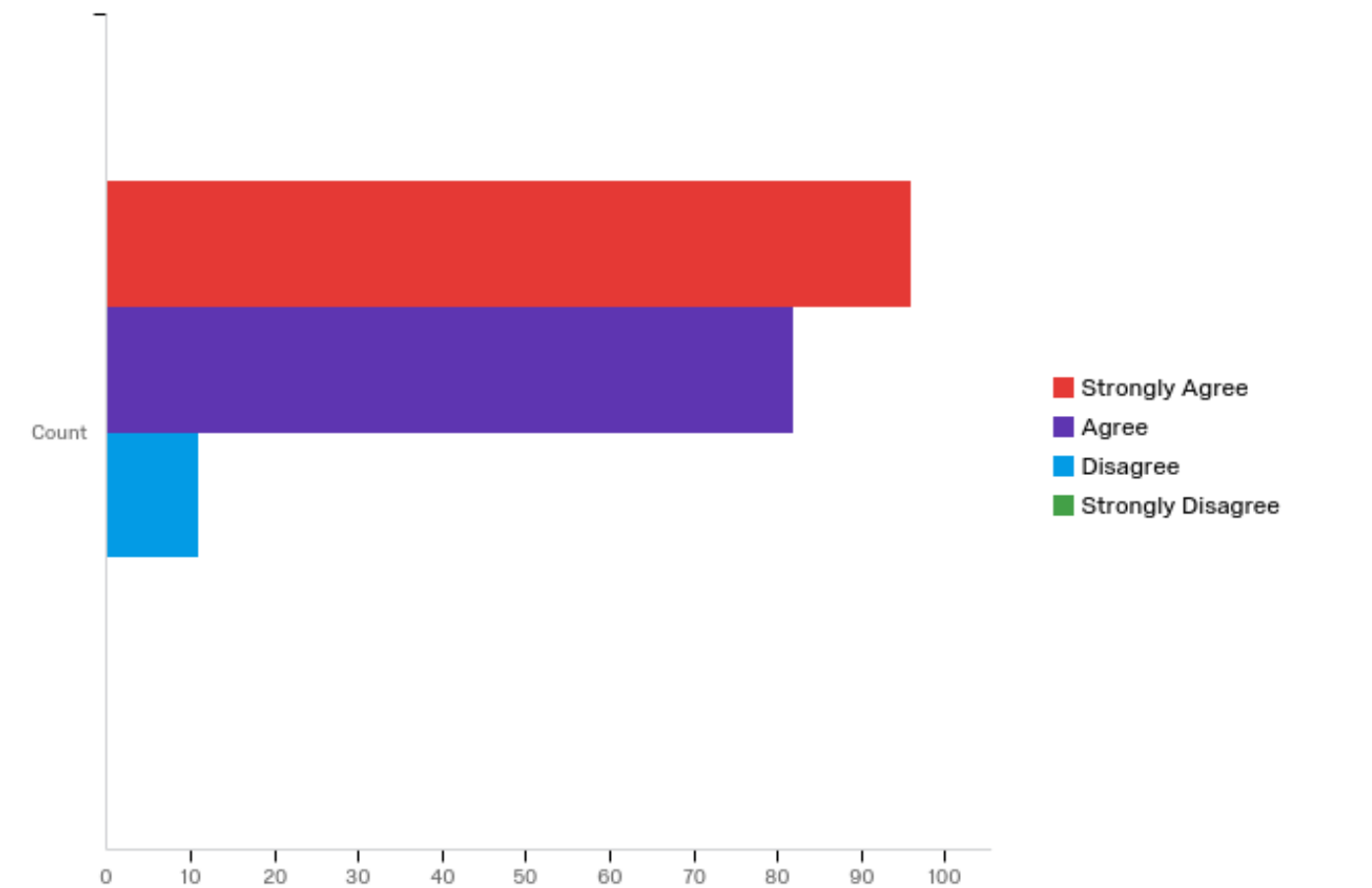
#	Answer	%	Count
1	Strongly Agree	46.88%	90
2	Agree	45.83%	88
3	Disagree	5.73%	11
4	Strongly Disagree	1.56%	3
	Total	100%	192

Q23 - My Head Coach consistently model appropriate behavior and is a good example of what a Godly man or woman should be.



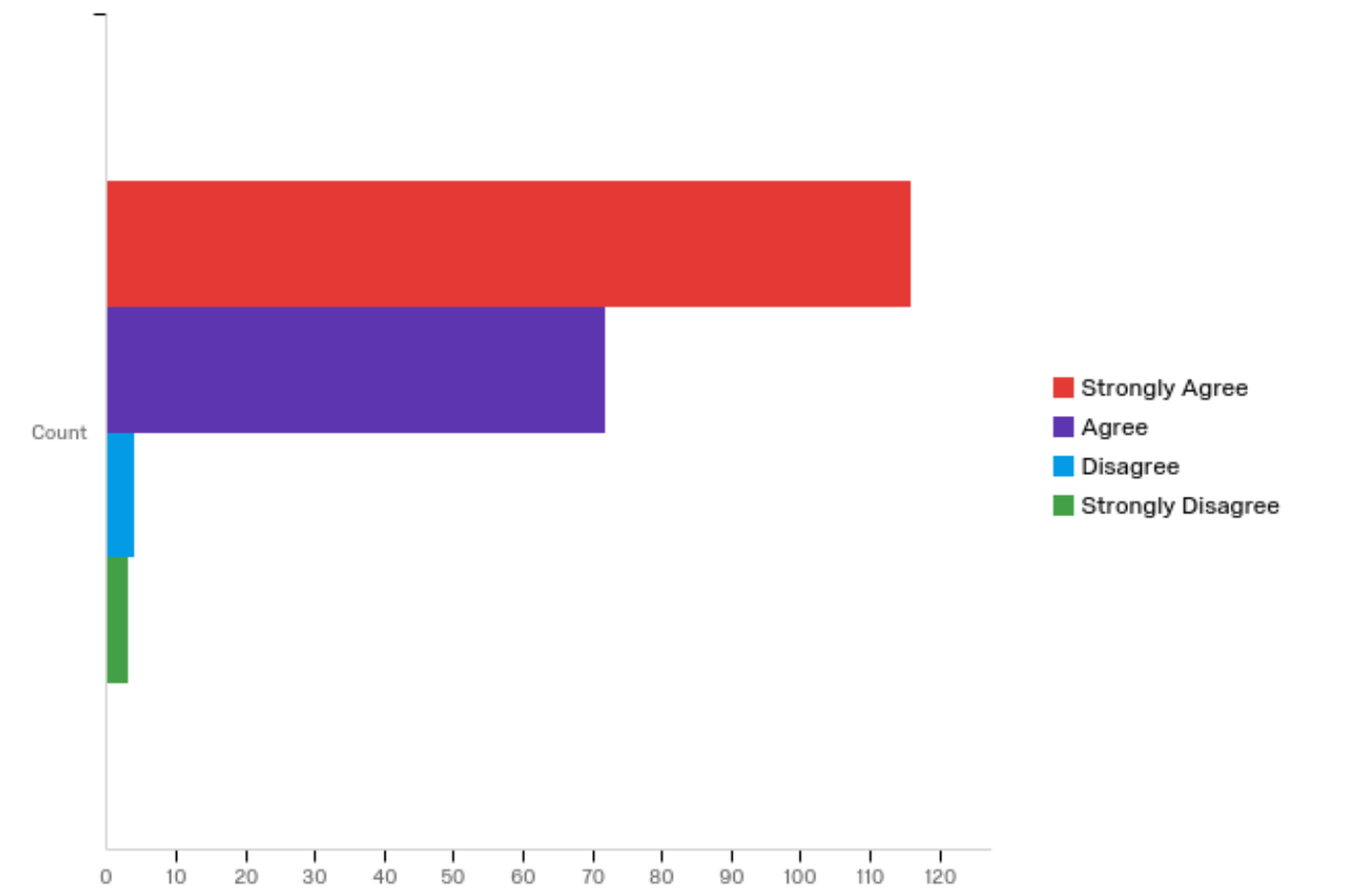
#	Answer	%	Count
1	Strongly Agree	67.69%	132
2	Agree	29.23%	57
3	Disagree	2.05%	4
4	Strongly Disagree	1.03%	2
	Total	100%	195

Q24 - My Assistant Coach(es) consistently model appropriate behavior and are a good example of what a Godly man or woman should be.



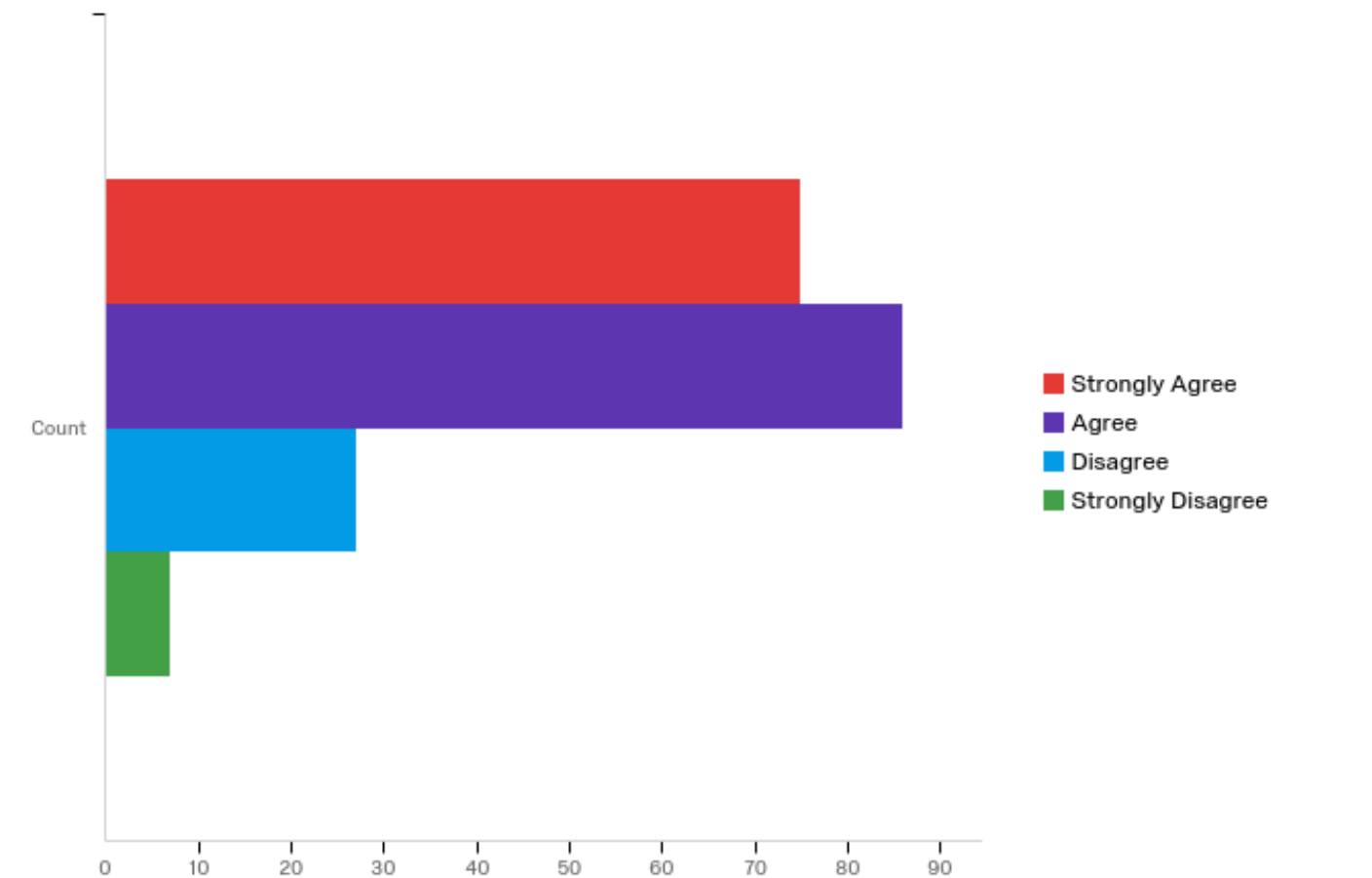
#	Answer	%	Count
1	Strongly Agree	50.79%	96
2	Agree	43.39%	82
3	Disagree	5.82%	11
4	Strongly Disagree	0.00%	0
	Total	100%	189

Q25 - My Head Coach model and encouraged my spiritual growth, either directly or indirectly, and prayer is a part of our program.



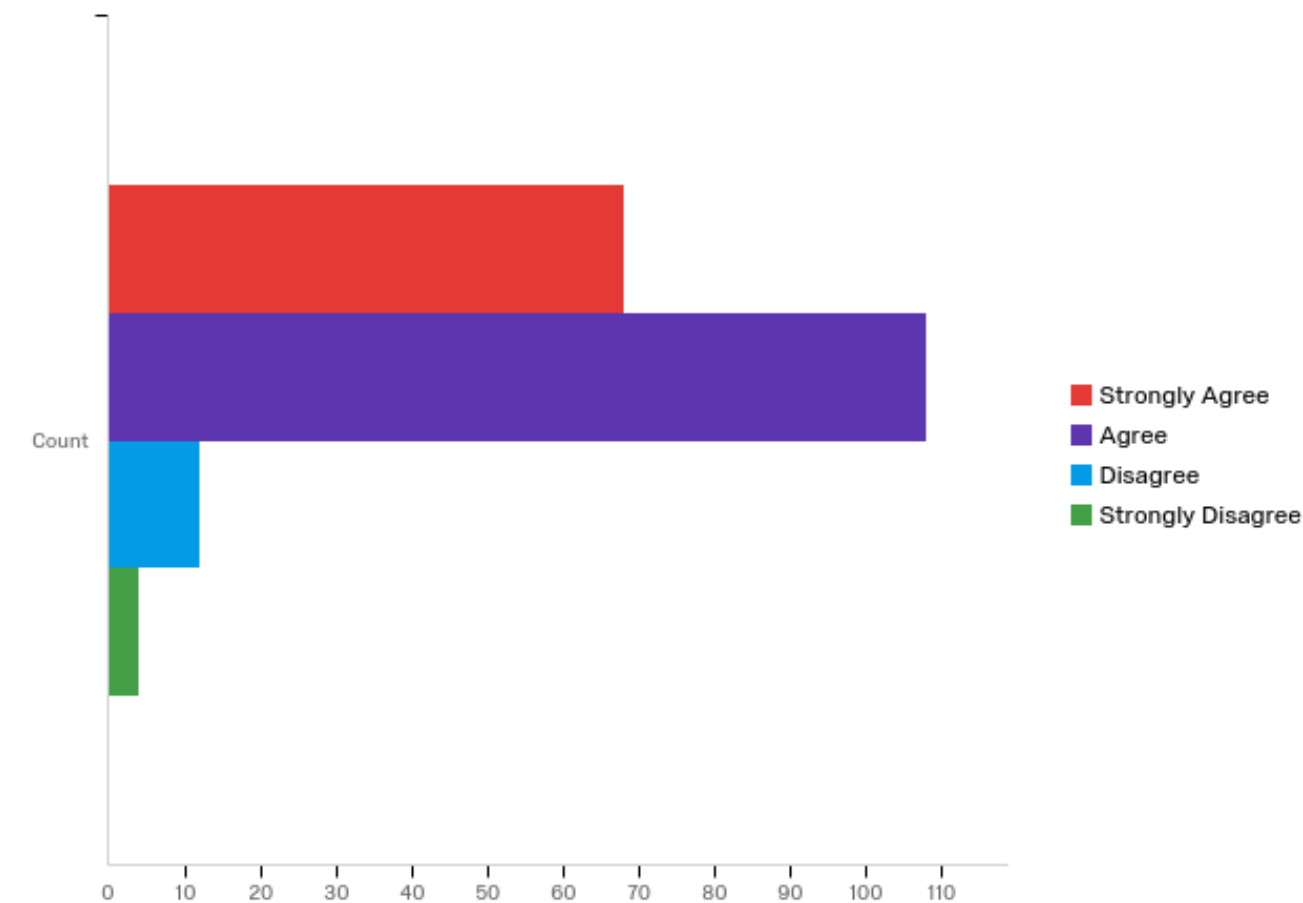
#	Answer	%	Count
1	Strongly Agree	59.49%	116
2	Agree	36.92%	72
3	Disagree	2.05%	4
4	Strongly Disagree	1.54%	3
	Total	100%	195

Q26 - I felt our team was a good example of what a Christian team should be.



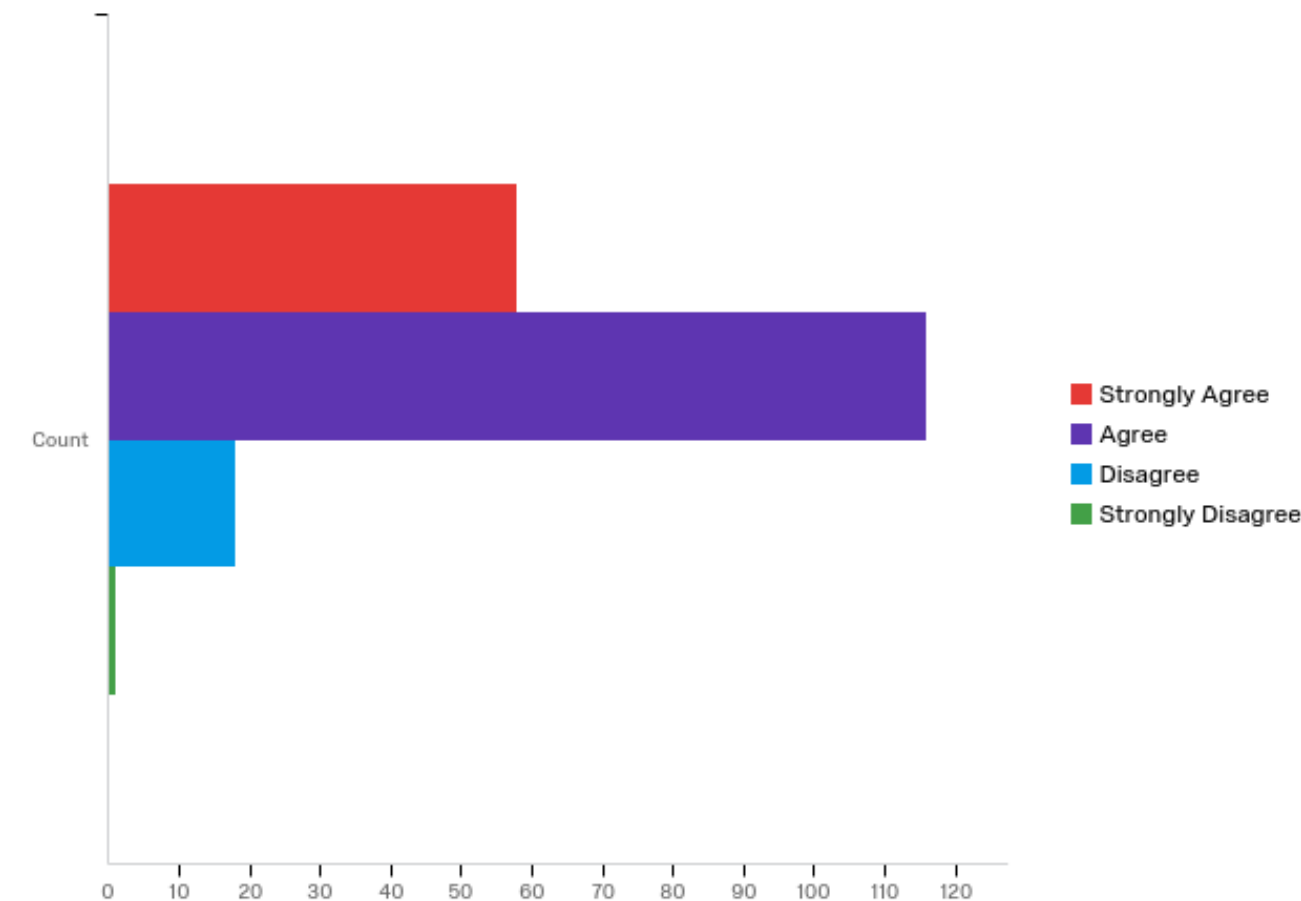
#	Answer	%	Count
1	Strongly Agree	38.46%	75
2	Agree	44.10%	86
3	Disagree	13.85%	27
4	Strongly Disagree	3.59%	7
	Total	100%	195

Q27 - I believe the Athletic Department cares about the emotional and social well-being of student-athletes (including gender issues, ethnic diversity & sexual orientation related issues).



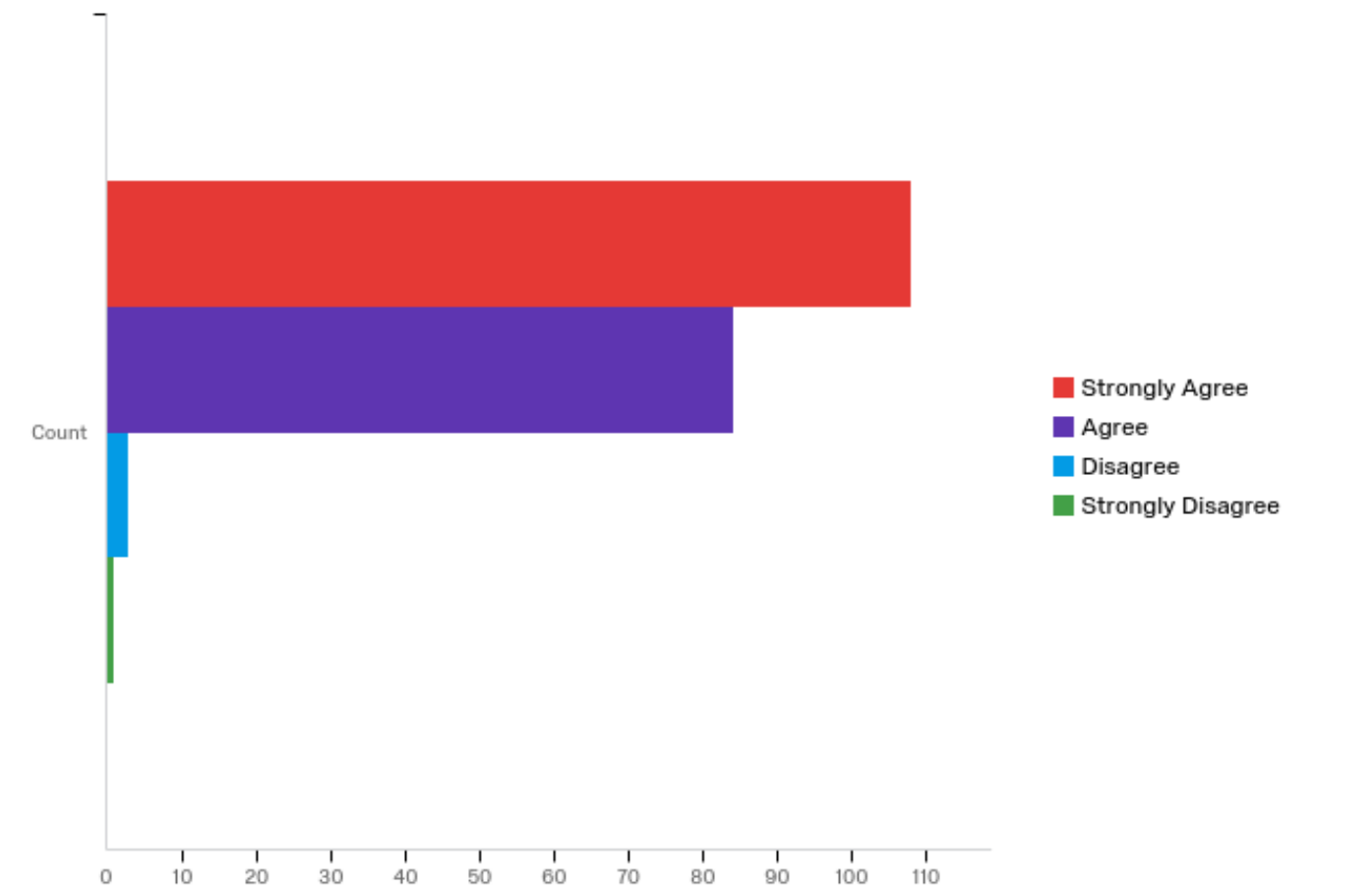
#	Answer	%	Count
1	Strongly Agree	35.42%	68
2	Agree	56.25%	108
3	Disagree	6.25%	12
4	Strongly Disagree	2.08%	4
	Total	100%	192

Q28 - There is an emphasis on overall spiritual development in the entire athletic department.



#	Answer	%	Count
1	Strongly Agree	30.05%	58
2	Agree	60.10%	116
3	Disagree	9.33%	18
4	Strongly Disagree	0.52%	1
	Total	100%	193

Q29 - Overall, I would consider my participation in the athletic program to be a positive experience that has enhanced my time at PLNU.



#	Answer	%	Count
1	Strongly Agree	55.10%	108
2	Agree	42.86%	84
3	Disagree	1.53%	3
4	Strongly Disagree	0.51%	1
	Total	100%	196

Appendix E



Missed Class Report

PLNU Athletics

2016 Fall - Missed Class Report

Sport	Total Days Missed Fall 2016	Total Days Missed Fall 2015
Volleyball	7 full days, 1 half days, 4 quarter days	11 full days, 2 half day, 4 quarter days*
Women's Soccer	6 full days, 2 half days, 4 quarter days	7 full days, 4 half days, 5 quarter days**
Men's Soccer	7 full days, 2 half days, 5 quarter days	5 full days, 1 half day, 6 quarter days
Women's Tennis	2 full days	2 full days
Men's Tennis	2 full days	2 full days
Women's Golf	8 full days	8 full days
Cross Country	6 full days#	3 full days***
Women's Basketball	1 full day, 2 quarter days	1 half day, 4 quarter days
Men's Basketball	2 full days, 1 quarter day	1 full day, 2 half days, 3 quarter days

Baseball and Women's Track and Field are spring sports and did not miss any class time in the fall semester per NCAA rules.

Total numbers of days for Fall 2016 were calculated using the excused class email receipts and number of classes missed compared with the time of the day departures or competition start times.

Full days are equal to departure or excused time prior to 10:30am.

Half days are equal to departure or excused time after 10:30am.

Quarter days are equal to departure or excused time after 2:00pm.

Cross Country missed 4 full days due to post-season participation in NCAA Regional and National Championships

* Volleyball missed 2 full days and one half day due to post-season participation in the NCAA Tournament

** Women's Soccer missed 1 full day and 1 half day due to post-season participation in the NCAA Tournament

*** Cross Country missed 1 full day due to post-season participation in the NCAA Meet

PLNU Athletics

2017 Spring - Missed Class Report

<u>Sport</u>	<u>Total Days Missed Spring 2017</u>	<u>Total Days Missed Spring 2016</u>
Women's Tennis	9 full days*, 6 half days, 1 quarter day	7 full days, 6 half days, 1 quarter day
Men's Tennis	4 full days*, 6 half days, 6 quarter days	7 full days, 8 half days, 1 quarter day
Women's Golf	13 full days**	16 full days
Track & Field	2 full days§	5 full days
Women's Basketball	7 full days, 3 quarter days§	8 full days
Men's Basketball	6 full days, 1 half day, 3 quarter daysΩ	7 full days
Baseball	8 full days, 8 half days	6 full days, 6 half days, 1 quarter day

Men's Soccer, Women's Soccer and Volleyball are fall sports and did not miss any class time in the spring semester per NCAA rules.

Total numbers of days for Spring 2017 were calculated using the excused class email receipts and number of classes missed compared with the time of the day departures or competition start times.

Full days are equal to departure or excused time prior to 10:30am.

Half days are equal to departure or excused time after 10:30am.

Quarter days are equal to departure or excused time after 2:00pm.

* Men's and Women's Tennis missed 3 full days due to participation in the PacWest Conference Tournament and NCAA Tournament.

** Women's Golf missed 4 full days due to participation in PacWest Conference Tournament and NCAA Tournament.

§ Women's Basketball & Track & Field missed 2 full days due to post-season participation in the PacWest Conference Tournament/Meet.

Ω Men's Basketball 1 full day and 1 half day due to post-season participation in the PacWest Conference Tournament.

Appendix F



Annual Year-End Review



2016-17 PLNU Team Standings and Awards

NCAA Regional Participants: Women's Cross Country, Women's Basketball

PacWest Coach of the Year: Jerry Arvin (cross country)

PacWest Libero of the Year: Christin Fisher (volleyball)

PacWest Newcomers of the Year: Brianna Sizemore (volleyball), Hannah Benoit Bucher (cross country)

PacWest Freshman of the Year: Sterling Somers (men's basketball)

All-PacWest Selections: 37

PacWest All-Academic Selections: 145

All-Americans: Brianna Bartello (cross country), Kellen Sheppard (baseball)

PLNU IN THE PACWEST AND THE NCAA

The Point Loma Athletic Department just completed its fifth season in the PacWest Conference and its third as a fully-eligible member of NCAA Division II. During the 2016-17 campaign, Point Loma sent both the women's cross country and women's basketball team to the NCAA West Regional. The cross country team even advanced out of the regional with a fourth place finish, and went on to become the first Point Loma team to ever place at the NCAA Championships (12th).

While the regional appearance of the women's basketball team and the finish at nationals by the cross country team highlight the year, there were still many more accomplishments by the Point Loma athletic teams, with the Sea Lions finishing in the top half of the league standings in all but one of their sports. During the fall, the men's soccer team had its best-ever finish in the PacWest, placing third with a record of 8-4-1 (9-5-4 overall). This marked the fifth-straight year under coach Wolf that the Sea Lions have risen in the PacWest standings. In addition to going to the West Regional and the NCAA Championships, the cross country team also won the highly-competitive 2016 Triton Invitational, which marked the first time in 20 years that coach Arvin can recall one of his women's cross country teams capturing a team title. Brianna Bartello also became an All-American as she placed 37th in the nation at the NCAA Championships. The women's soccer team was sitting atop the standings, seeking their third-straight PacWest Championship, with just three matches to go, but stumbled in Hawaii and ended up fifth in the standings. The women's volleyball team was in a rebuilding year after losing six seniors from their 2016 NCAA West Regional team. The inexperience of the squad showed early in the season, but the Sea Lions improved from week to week and finished tied for eighth in the standings at 9-11 (11-18 overall). The volleyball team did have some great individual accomplishments. Christin Fisher took over nearly all the school records in digs as she was named the PacWest Libero of the Year. Brianna Sizemore also captured Newcomer of the Year honors.

In the winter, the women's basketball team (24y 6) was the model of consistency. Coach Lisa Faulkner led the Sea Lions to a second place finish in the league standings (17y 3), to the PacWest Championship game, and the No. 7 seed in the NCAA West Regional in her first year with the team. They put together two different niney game winning streaks throughout the season and did not lose backy toy back games until the playoffs. The men's basketball team also had a new person at the helm and also advanced to the PacWest Championship game. Ryan Looney took over head coaching duties with the team last summer. The regular season was up and down for the Sea Lions, but they closed out strong, defeating No. 5 California Baptist on the road on television on Fox Sports, before making their run to the PacWest Championship game as the No. 6 seed. Sterling Somers was named the PacWest Freshman of the Year for men's basketball.

The spring is the busiest time of the year for Point Loma with five teams in-season. The PLNU baseball team put together a record of 32-17, and was stunned to be left out of the NCAA West Regional. Kellen Sheppard became the

first Sea Lion baseball student-athlete to earn All-American honors as named to the D2CCA team as a utility-pitcher. Junior Stephen Young also paced the PacWest with a 2.05 earned run average and senior Ryan Garcia moved himself into the top 5 in numerous PLNU career records. On the track, PLNU saw four school records fall as Hannah Benoit Bucher (800m, 1500m) and Alex Hernandez (5k, 10k) each captured two apiece. Benoit Bucher would go on to

represent PLNU at the NCAA Track & Field Championships in the 800m, marking the second straight season the Sea Lions have sent someone to nationals. Point Loma also played host to the PacWest Track & Field Championships where both Bucher and Hernandez, along with Celine Lum (pole vault) claimed conference titles. On the tennis courts, the Point Loma women's team posted a 17-9 record and climbed as high as No. 19 in the national rankings. The men's tennis team was ranked as high as No. 22. On the links, Haley Fuller capped off her career at Point Loma by recording the school record for scoring average at 76.85 and earning CoSIDA Academic All-District honors.

2016-17 PacWest Commissioner's Cup



The PacWest Commissioner's Cup Scoring System awards points to schools based on their finishes in conference-sponsored sports. Point totals vary from sport to sport and are based upon the number of schools competing. Regular-season standings are used for baseball, basketball, soccer, softball and volleyball; while cross country, track & field, golf and tennis utilize the results of the conference championships. Here is a look the 2016-17 PacWest Commissioner's Cup final standings (sports sponsored in parenthesis):

<u>School (# of conference sports)</u>	<u>Total Points</u>	<u>Average Points</u>
1. California Baptist (12)	157	13.083
2. Azusa Pacific (12)	137.5	11.458
3. Concordia (12)	114.5	9.542
4. Dixie State (13)	121	9.308
5. Hawaii Pacific (13)	119.5	9.192
6. Point Loma (11)	91.5	8.318
7. Fresno Pacific (9)	69.5	7.722
8. Academy of Art (13)	95.5	7.346
9. BYU-Hawaii (11)	80.5	7.318
10. Dominican (11)	74.5	6.773
11. Holy Names (13)	60	4.615
12. Hawaii Hilo (12)	53.5	4.458
13. Chaminade (10)	43	4.300
14. Notre Dame de Namur (11)	43	3.909

2016-17 POINT LOMA ATHLETICS SUMMARY

MEN'S SOCCER (9-5-4)

PacWest Conference: 8-4-1 (third place)

Home: 5-3-2 **Road:** 4-2-2 **Neutral:** 0-0-0

NSCAA All-West Region team: Tyler Allen (second team)

All-PacWest Conference: Nico Tagaloa (second team - F), Tyler Allen (second team - D), Eduardo Gallardo (second team - MF), Mitch Wheelon (third team - D)

NSCAA National Player of the Week: Nico Tagaloa (Oct. 10-16)

PacWest Player of the Week: Nico Tagaloa (Oct. 10-16)

PacWest Defender of the Week: Michael Lambert (Sept 5-11)

PacWest All-Academic Team: Tyler Allen, Joshua Eusebio, Sam Falkenberg, Indiana Fuller, Eduardo Gallardo, Patrice Glaser, Brady Johansen, Michael Lambert, Corey Olson, Chris Reingen, Paul Sweet, Nico Tagaloa, Christopher Tellez, Mitch Wheelon, Sean Williams

SDHOC Star of the Month: Nico Tagaloa (October)

Team MVP: Tyler Allen

Sportsmanship Award: Michael Lambert

School records set: Nico Tagaloa (Goals in a Match: 4)

PacWest Stat Leaders: Michael Lambert (Goals Against Average: 0.921)

Phil Wolf Career Coaching Record: 33-44-12 in five seasons at PLNU (153-73-30 overall)

WOMEN'S SOCCER (10-4-4)

PacWest Conference: 8-3-2 (fifth place)

Home: 7-1-1 **Road:** 3-3-3 **Neutral:** 0-0-0

Highest NCAA Regional Ranking: Sixth (Oct. 19)

NSCAA All-West Region: Morgan Pearce (second team), Cori Deason (third team)

D2CCA All-West Region: Keagan Bolibol (second team)

All-PacWest Conference: Cori Deason (first team - F), Rachel Witz (first team - MF), Keagan Bolibol (first team - D), Ariel Oriarte (second team - GK), Morgan Pearce (second team - D), Sami Swanson (third team - MF), Sarah Steinhaus (third team - D)

PacWest Player of the Week: Cori Deason (co. -Sept. 5)

PacWest Defender of the Week: Ariel Oriarte (co.-Oct. 3), Morgan Pearce (Oct. 10)

CoSIDA Academic All-District team: Morgan Pearce

PacWest All-Academic Team: Jennifer Ballez, Keagan Bolibol, Cori Deason, Maddie Denbaugh, Bella Diaz, Kaiti Freeberg, Easton Kawawaki, Madi Kurtz, Courtnie Marshall, Morgan Pearce, Emily Pedlowe, Ashlee Smith, Sarah Steinhaus, Sami Swanson, Abbey Teagle, Madison Valenzuela, TJ Verosik, Jessica Warner, Rachel Witz

Team MVP: Ariel Oriarte

Sportsmanship Award: Sami Swanson

National Stat Leaders (top 30): Ariel Oriarte (15th - Goals Against Average: 0.537); Team (12th - Goals Against Average: 0.529); Team (14th - Shutout Percentage: 0.611).

Tim Hall's Career Coaching Record: 110-44-18 eight years at PLNU (283-158-43 overall includes men)

VOLLEYBALL (11-18)

Final PacWest Record: 9-11 (t-eighth)

Home: 7-8 **Road:** 3-7 **Neutral:** 1-3

D2CCA All-West Region: Christin Fisher (second team)

PacWest Libero of the Year: Christin Fisher

PacWest Newcomer of the Year: Brianna Sizemore

All-PacWest Team: Christin Fisher (first team – Libero), Brianna Sizemore (second team – OH), Samantha Krakower (honorable mention – MB), Cara Keturakis (honorable mention – S)

PacWest Defender of the Week: Christin Fisher (Sept. 12 & Nov. 14)

PacWest Freshman of the Week: Cara Keturakis (Sept. 19 & Oct. 3)

PacWest All-Academic Team: Itali Andrade, Christin Fisher, Ashlynn Fresques, Marissa Hageman, Hailey Kenyon, Cara Keturakis, Samantha Krakower, Alyssa Rifilato

SDHOC Star of the Month: Christin Fisher (November)

Team MVP: Christin Fisher

Sportsmanship Award: Cara Keturakis

Offensive Player of the Year: Brianna Sizemore

Defensive Player of the Year: Christin Fisher

PacWest Stat Leaders: Christin Fisher (digs per set: 5.96); Christin Fisher (total digs: 674)

National Stat Leaders (top 30): Christin Fisher (9th - digs per set: 5.96); Christin Fisher (13th - total digs: 674); Cara Keturakis (17th - triple doubles: 1)

Jonathan Scott's Career Coaching Record: 50-37 (third season at PLNU; third season overall)

CROSS COUNTRY (WOMEN)

NCAA National Finish: 12th (365 points)

NCAA West Regional Finish: Fourth (124 points)

PacWest Meet Finish: Second (45 points)

Highest USTFCCCA National Ranking: 15th (Nov. 9)

Highest USTFCCCA Regional Ranking: Fourth (Nov. 9)

USTFCCCA All-American team: Brianna Bartello

USTFCCCA All-West Region team: Hannah Benoit Bucher, Marissa Bartello, Brianna Bartello

PacWest Newcomer of the Year: Hannah Benoit Bucher

PacWest co-Coach of the Year: Jerry Arvin

All-PacWest Conference: Hannah Benoit Bucher (first team), Brianna Bartello (first team), Marissa Bartello (second team), Alex Hernandez (second team), Jordan Sienkiewicz (second team)

PacWest Runner of the Week: Hannah Benoit Bucher (Sept. 13), Hannah Benoit Bucher (Sept. 20), Hannah Benoit Bucher (Oct. 18)

PacWest Freshman of the Week: Jordan Sienkiewicz (Oct. 11), Jordan Sienkiewicz (Oct. 18)

PacWest All-Academic Team: Hannah Benoit Bucher, Hannah Dinsdale, Marissa Dotter, Josie Frye, Mackenzie Harder, Alexandra Hernandez, Hannah Messina, Hayley Richardson, Stephanie Ruiz, Hallie Swenson

Team Most Outstanding Runner: Hannah Benoit Bucher

Team Sportsmanship: Alex Hernandez

Team Most Inspirational: Brianna Bartello

Team Most Improved: Jordan Sienkiewicz

Head Coach Jerry Arvin: 24th season at PLNU

****WON THE TRITON INVITATIONAL hosted by UC San Diego, 10/8/16****

MEN'S BASKETBALL (17-13)

PacWest Conference: 11-9 (sixth place)

Home: 8-4 **Road:** 5-6 **Neutral:** 4-3

Postseason: Second Place PacWest Tournament (#6 seed: beat #3 Dixie State, beat #2 CBU, lost to #1 HPU)

PacWest Freshman of the Year: Sterling Somers

All-PacWest Conference: Josh Rodriguez (second team), Sterling Somers (HM)

PacWest Player of the Week: Vince Boumann (Jan. 30), Josh Rodriguez (co-Feb. 27)

PacWest Freshman of the Week: Sterling Somers (Dec. 20), Sterling Somers (Jan. 2), Sterling Somers (Jan. 9),

PacWest All-Academic Team: Vince Boumann, AJ Elliot, Cameron Gilbert, Jack Langborg, Trevor Peterson, Mike Planeta, Yusuf Shehata, Sterling Somers, Skyler White

Team MVP: Josh Rodriguez

Sportsmanship Award: Yusuf Shehata

PacWest Stat Leaders: Josh Rodriguez (assists per game; 5.7); Josh Rodriguez (total assists; 172). Vince Boumann (rebounds per game; 9.0).

National Stat Leaders (top 30): Josh Rodriguez (18th - assists per game; 5.7); Josh Rodriguez (19th - total assists; 172). Vince Boumann (13th - field goal percentage; .623).

Ryan Looney's Career Coaching Record: 276-119 (17-13 first season at PLNU, 13th season overall)

WOMEN'S BASKETBALL (24-6)

PacWest Conference: 17-3 (second place)

Home: 14-1 **Road:** 9-2 **Neutral:** 1-3

Highest National Ranking: 24th (WBCA - Mar. 6)

Highest NCAA Regional Ranking: Sixth (Mar. 1)

Postseason: NCAA West Regional - No. 7 seed (lost to No. 2 California Baptist, 85-79 OT); PacWest Conference Tournament finals

D2CCA All-West Region Team: Alex Brunk (second team), Roya Rustamzada (second team)

All-PacWest Conference: Alex Brunk (first team), Roya Rustamzada (second team), Kassidy Gengenbacher (third team), Madison West (third team), Sydney Tonack (HM)

PacWest Player of the Week: Alex Brunk (Jan. 2), Roya Rustamzada (Jan. 30), Alex Brunk (Feb. 6)

PacWest Defender of the Week: Roya Rustamzada (Nov. 14)

SDHOC Star of the Month: Madison West (January), Roya Rustamzada (February)

PacWest All-Academic Team: Alex Brunk, Kassidy Gengenbacher, Melanie Quijano, Roya Rustamzada, Carol Schroeder, Sydney Tonack, Anna Viettry, Madison West, Stephanie Williams

Team MVP: Roya Rustamzada

Sportsmanship Award: Kassidy Gengenbacher

School records set: Madison West (Career 3y pointers: 232)

PacWest Stat Leaders: Team (Turnover Margin: 5.90), Team (Turnovers per game: 12.7).

National Stat Leaders (top 30): Roya Rustamzada (eighth - Defensive Rebounds per game: 8.0); Roya Rustamzada (17th - Double-Doubles: 15); Alex Brunk (10th - Free Throw Attempts: 197); Alex Brunk (23rd - Free Throws Made: 140); Team (12th - Assist-to-Turnover ratio: 1.24); Team (12th - Scoring Margin: 15.8); Team (12th - Turnover Margin: 5.9); Team (14th - Turnovers per game: 12.7); Team (23rd - Free Throw Attempts: 689); Team (24th - Free Throws Made: 488); Team (25th - Win-Loss Percentage: .800); Team (26th - Assists per game: 15.8); Team (26th - Scoring Offense: 75.9)

Lisa Faulkner's Career Coaching Record: 24-6 (first season at PLNU; first season overall)

MEN'S TENNIS (5-19)

PacWest Tournament: Seventh place (lost first two; won the last)

Home: 3-12 **Road:** 1-5 **Neutral:** 1-5

Highest ITA National Ranking: 22nd (Feb. 22)

Highest ITA Regional Ranking: 4th (Feb. 22)

PacWest All-Conference team: Brendon Millington (first team-singles), CJ Erion (first team-singles), Brendon Millington (third team-doubles), Jack Alston (third team-doubles).

PacWest All-Academic Team: Grant Alston, Jack Alston, CJ Erion, Brendon Millington, Yuki Okamoto, Mark Penner, Tim Soderman

Team MVP: Brendon Millington/CJ Erion

Sportsmanship Award: Jesse Miritello

Curt Wheeler's Career Coaching Record: 29-43 (third season at PLNU; third season overall)

WOMEN'S TENNIS (17-9)

PacWest Tournament: Seventh place (lost first two; won the last)

Home: 11-4 **Road:** 4-3 **Neutral:** 2-2

Highest ITA National Ranking: 19th (Mar. 22)

Highest ITA Regional Ranking: 6th (Mar. 22)

PacWest All-Conference team: Nikki Newell (second team-singles), Regina von Koch (third team-singles), Nikki Newell (third team-doubles), Regina von Koch (third team-doubles)

PacWest Player of the Week: Regina von Koch (Feb. 14), Regina von Koch (Apr. 11)

PacWest All-Academic Team: Hannah Chiu, Ellie Gamble, Shelby Groeneveld, Taylor McGowan Michelle Torres, Regina von Koch

Team MVP: Regina von Koch

Sportsmanship Award: Hannah Chiu/Nicole Camaratta

Curt Wheeler's Career Coaching Record: 38-36 (third season at PLNU; third season overall)

OUTDOOR TRACK & FIELD (WOMEN'S)

PacWest Conference Finish: Sixth place (59 points)

National Ranking: 22nd (Mar. 21)

USTFCCCA All-West Region: Celine Lum (Pole vault), Hannah Benoit Bucher (1500m)

PacWest Meet Champions: Hannah Benoit Bucher (800m), Alex Hernandez (10k), Celine Lum (Pole vault)

PacWest Track Athlete of the Week: Hannah Benoit Bucher (Mar. 1), Hannah Benoit Bucher (Mar. 29)

PacWest Field Athlete of the Week: celine Lum (Mar. 15)

CoSIDA Academic All-District team: Alex Hernandez

PacWest All-Academic Team: Isabel Ashley, Avery Avina, Erin Beezhold, Hannah Benoit Bucher, Rikka Bergstrom, Morgan Brandt, Anaiah Christensen, Sydney Davis, Hannah Dinsdale, Marissa Dotter, Presley DuBois, Josie Frye, Hailey Haakenson, Mackenzie Harder, Alexandra Hernandez, Ashley Julio, Katelyn Kalley, Jessica Kroeckel, Celine Lum, Katrina Lusky, Megan McFadden, Hannah Messina, Hayley Richardson, Teresa Roessler, Stephanie Ruiz, Noelle Sernett, Samantha Silsbee, Annika Smith, Sydney Smith, Hallie Swenson, Gianna Tesone, Amanda Timmons, Janie Unkefer, Bailey Webster, Demi White, Lauren Wuertz

Most Outstanding Track Athlete: Hannah Benoit Bucher

Most Outstanding Field Athlete: Celine Lum

Most Improved: Brielle Budroe

Sportsmanship Award: Demi White

Team MVP: Alex Hernandez

School-records set: Hannah Benoit Bucher (800m - 2:09.09), Hannah Benoit Bucher (1500m - 4:24.63), Alex Hernandez (5k - 17:01.38), Alex Hernandez (10k - 36:13.74).

Head Coach Jerry Arvin: Completed his 22nd season at PLNU

WOMEN'S GOLF

PacWest Championships: Eighth place

All-PacWest Team: Haley Fuller (second team)

PacWest Golfer of the Week: Haley Fuller (Oct. 27), Haley Fuller (Mar. 1), Mariah Fuller (Mar. 16), Michelle Picca (Mar. 16)

PacWest All-Academic Team: Rima Antous, Haley Fuller, Mariah Fuller, Lucie Gillette, Michelle Picca, Lindsey Redmond, Emily Smith

CoSIDA Academic All-District team: Haley Fuller

Team MVP: Haley Fuller

Sportsmanship Award: Rima Antous

School records set: Haley Fuller (Career Scoring Average - 76.85)

Lance Hancock coaching record: First season at PLNU

BASEBALL (32-17)

PacWest Conference: 23-13 (fourth place)

Home: 15-11 **Road:** 17-6 **Neutral:** 0-0

National ranking: 20th (Collegiate Baseball - March 20th)

D2CCA All-American Team: Kellen Sheppard (honorable mention - UT)

ABCA All-West Region Team: Ryan Garcia (second team - 1B)

NCBWA All-West Region Team: Ryan Garcia (second team - 1B)

D2CCA All-West Region Team: Ryan Garcia (first team - 1B), Kellen Sheppard (first team - UT/P), Stephen Young (second team - P).

All-PacWest Team: Ryan Garcia (first team - 1B), Kellen Sheppard (first team - DH), Harrison Ramey (third team - 2B), Colby Kaneshiro (third team - 3B), Kellen Sheppard (third team - P), Stephen Young (third team - P)

NCBWA National Pitcher of the Week: Trevor Abshire (Mar. 11)

NCBWA Regional Pitcher of the Week: Trevor Abshire (Mar. 9)

PacWest Player of the Week: Wyatt Champlin (Mar. 6), Ryan Garcia (Apr. 11)

PacWest Pitcher of the Week: Eric Pierce (Feb. 14), Trevor Abshire (Mar. 6), Stephen Young (Apr. 11)

PacWest Newcomer of the Week: Micah Pries (Feb. 6), Micah Pries (May 1)

CoSIDA Academic All-District team: Harrison Ramey

PacWest All-Academic Team: Trevor Abshire, Mike Gordner, Kyle Gracey, Noah Huggins, Matt Jervis, Colby Kaneshiro, Kevin Lillicrop, Cole Millerd, Ryan Park, Eric Pierce, Micah Pries, Harrison Ramey, Adam Rios, Derek Rustich, Preston Sands, Kellen Sheppard, Alex Strizak, Travis Takata, Stephen Young

Team Offensive POY: Ryan Garcia

Team Defensive POY: Adam Rios

Team Pitcher of the Year: Stephen Young

Newcomer of the Year: Micah Pries

Team MVP: Ryan Garcia

Sportsmanship Award: Travis Takata

PacWest Stat Leaders: Ryan Garcia (Base on Balls: 40); Ryan Garcia (Base on Balls per game: 0.89); Stephen Young (Hits Allowed per 9 innings: 5.72); Eric Pierce (Saves: 8); Kellen Sheppard (Strikeout-to-Walk ratio: 10.14); Kellen Sheppard (Walks Allowed per 9 innings: 0.72).

National Stat Leaders (top 30): Stephen Young (10th - Hits Allowed per 9 innings; 5.72); Ryan Garcia (26th - Base on Balls: 40);

Joe Schaefer's Career Coaching Record: 307-201-1 (ninth season)

Cross Country wins Triton Classic!



LA JOLLA, Calif. - Coach Jerry Arvin said he didn't remember the last time the Point Loma women's cross country team took home a meet title, but after today he will never forget the latest occurrence. PLNU had its five runners finish in the top 23 to collect 54 team points and win the meet over 11 other teams, including No. 4 nationally ranked Chico State and No. 14 UC San Diego.

Hannah Benoit Bucher ran with the front pack throughout the race, and finished fourth with a time of 22:08.93. This was the fourth time in four races the transfer from Arizona State has paced the Sea Lions. However, one of the key performances was Brianna Bartello. The sophomore made a late kick to pass several competitors, including a duo from UC San Diego, to earn fifth place with a time of 22:24.88. Last season on the same 6k course on the campus of UCSD, Bartello placed 11th with a time of 22:38.11.

Marissa Bartello and Alex Hernandez finished 12th and 13th, with times of 22:50.07 and 22:52.48, respectively, to give the Sea Lions four runners in the top 13. No other team had their fourth runner place better than 16th.

"One of the things that have been happening over the last year and a half is that Alex (Hernandez) and the twins (Marissa and Brianna Bartello) really get in a position they feel comfortable with, and they finish really strong," Point Loma head coach Jerry Arvin explained. "This time they put themselves closer and they still finished strong. They were in a spot to catch three or four other runners at the end and move the whole team up."

The Sea Lions now held their breath to see when their fifth and final qualifying runner would cross the finish line, and would it be enough to edge out two of the regional favorites while earning this team its first victory. It was Jordan Sienkiewicz which came down the final straightway, right in front of a pair of runners from Chico State, with the final mark for the Sea Lions. The freshman placed 23rd in the race with a time of 23:29.88 in just her fourth collegiate meet. Finishing just back of Sienkiewicz was Josie Frye in 31st place with a time of 23:58.03 to give PLNU the added insurance.

"I felt today was the first day we raced, not just ran all year," said Arvin. "Our 1-6 were solid, but every lady really ran well today. This is a very tough course and the effort everyone put in was really good to see. I am really happy, no matter what the outcome was."

Freshman Mackenzie Harder was the seventh runner for Point Loma, placing 45th overall with a time of 24:41.16. Point Loma also received strong races from Hayley Richardson (25:23.54), Hannah Messina (25:35.11), Jocelyn Duran (25:54.23), Elise Tello (26:09.64), Brielle Budroe (26:27.72), Hannah Dinsdale (27:19.97) and Stephanie Ruiz (27:26.91).

"Everyone ran very well today coming off a really hard week of practice," Arvin continued. "We knew we had to get this run in and compete against Chico State and UC San Diego because that is who we will have to race against at regionals. We have to feel confident we can compete against teams like that."

Sea Lions soar to new heights; take 12th at NCAAs



ST. LEO, Fla. - The Point Loma women's cross country team posted the best finish in program history, and the top finish ever for any PLNU team at an NCAA event, by placing 12th at Division II Championships on Saturday, Nov. 19.

The Sea Lions captured 12th place out of 32 teams with 365 team points. Brianna Bartello led the way with a 37th place finish en route to capturing All-American honors. She posted a time of 21:27.2 on the 6k course with an average time of 5:46 per mile.

Alex Hernandez led the next wave of Sea Lions to the finish line. The lone junior on the team (all the rest are freshmen or sophomores) finished in 77th place with a time of 22:05.1 to bank 62 team points for the Sea Lions. Marissa Bartello placed 90th with a time of 22:16.7 and Hannah Benoit Bucher came in 96th (22:19.4).

Jordan Sienkiewicz capped off the scoring for Point Loma by placing 144th with a time of 22:46.6. She earned 123 points to lock the Sea Lions into 12th place. Josie Frye was right behind Sienkiewicz as the first alternate with a time of 22:56.8 to place 156th.

The 12th-place finish would have been the top place ever for a PacWest team had California Baptist not taken ninth in today's race. These were the first two PacWest teams to ever crack to top 20. The West Region had five of the top 12 teams in the meet, and all six placed in the top 19.

Grand Valley State won the 2016 NCAA Division II Cross Country Championship with 116 points. The Lakers edged out a pair of RMAC teams, Adams State (139) and Western State (168), to take the title. Kendra Foley of GVSU won the individual title with a time of 20:01.8.

Upset alert! Sea Lions stun #5 CBU on Fox Sports



RIVERSIDE, Calif. - They saved their best for last! Facing the No. 5 team in the country in a packed house on Fox Sports, in the gym's final game in existence, the Point Loma men's basketball team came back from a double-digit deficit with under six minutes to go to stun California Baptist, 77-71, on Saturday, Feb. 25.

This was the Sea Lions (15-12, 11-9 PacWest) first-ever win over an NCAA top 5 team. The victory, coupled with Azusa Pacific's win from earlier in the day, secured PLNU the No. 6 seed in next week's PacWest Conference Tournament in Irvine, Calif. (Mar. 2-4). The loss snapped a six-game winning streak for California Baptist (25-3, 17-3 PacWest) and also prevented the Lancers from clinching a share of the 2016-17 PacWest Championship. Hawaii Pacific is now the outright conference champion.

Trailing 64-54 with 5:52 remaining, Point Loma faced its second-largest deficit of the half, and could have easily folded, but instead something else clicked for the Sea Lions, and head coach Ryan Looney got to see the team he had been searching for all season.

PLNU outscored the Lancers 23-7 in the final six minutes, including 12-2 in the final 3:09. Point Loma went 7-for-10 from the field down the stretch, and two of those misses were rebounded and laid directly back in for layups.

The run all started on the defensive end but was finished by their seniors. A steal by Somers started an 8-0 PLNU run which was capped off by a corner 3-pointer from senior Mike Planeta to cut CBU's lead to two (64-62) with four minutes to play. Following a pair of free throws by the Lancers' Jason Todd, Planeta again responded with a 3-pointer to bring the Sea Lions within one. CBU would answer with a '3' of their own and then it was time for Zach Burnham to shine.

On back-to-back possessions for the Sea Lions he grabbed offensive rebounds and laid them back in. On the second he was fouled and he sunk the ensuing free throw with 1:37 remaining to give Point Loma its first lead since he made the first bucket of the game. Burnham then closed out the next defensive possession with a rebound, before Josh Rodriguez found him open on the baseline with just seconds on the shot clock for the one-handed slam to stun the crowd and put Point Loma up 72-69 with 51 seconds remaining.

Following a pair of free throws by the Lancers' Michael Smith, Josh Rodriguez again found himself with the ball in his hands with the shot clock running down. He drove middle and kicked again to Planeta in the corner for another 3-pointer, his third in the final five minutes.

Women's Basketball earns #7 seed in NCAA Regional



SAN DIEGO - The Point Loma women's basketball team earned the No. 7 seed in the NCAA West Regional, which will open Friday, Mar. 10 in Anchorage, Alaska. Point Loma will take on the No. 2 seed, California Baptist at 3:30 p.m. PST.

Point Loma earned the No. 7 seed as an at-large bid by going 24-5 on the season, finishing second in the PacWest in both the regular season (17-3) and in the conference tournament. This will be the Sea Lions' second trip to the NCAA tournament.

California earned the No. 2 seed with the automatic bid out the PacWest Conference. CBU went 31-2 during the regular season and won the conference regular season (20-0) and postseason tournament.

This will be the fourth meeting between the teams this season, and their third in three weeks. PLNU is still looking for its first win against CBU this year.

"We are in and we fought all year to get here," said Point Loma head coach Lisa Faulkner. "It doesn't matter who you open with, you have to beat all the good teams if you want to win the regional. Both of us know each other really well."

The NCAA West Regional will be hosted by the No. 1 seed University of Alaska Anchorage at the Alaska Airlines Center on Mar. 10-13.

Coach Schaefer wins 300th game



CARSON, Calif. - Adam Rios went 5-for-5 and led an outstanding defensive effort as the Point Loma baseball team defeated Cal State Dominguez Hills, 10-4, to earn Joe Schaefer his 300th win as the head coach of the Sea Lions.

With the win, PLNU (25-16) sweeps the four-game, non-conference, season series from CSUDH (14-27), and remains in the hunt for an NCAA West Regional berth. (The first regional poll will be released on Wednesday, Apr. 26).

Point Loma built a four-run lead in the top of the first without the benefit of a hit as the Toros hit a batter, walked three and made a three-run error. The Sea Lions would tack on two more in the third on a sacrifice fly by Colby Kaneshiro and a two-out, RBI-single by Rios.

The 6-0 lead back four PLNU pitchers in the contest. Kevin Lillicrop went the first three innings, allowing one hit and one run. He gave way to Casper who pitched two strong innings before running into trouble in the sixth. The Toros hit a two-run homer and had two more runners on, but Noah Huggins came out of the pen to strike out the batter and end the threat. He pitched 2.1 total innings, allowing three hits and one run, before giving way to John Thomas for a perfect ninth inning. Casper (1-0) earned the victory.

Rios added two RBI and a run scored to his five hits (all singles). This was the Sea Lions' first five-hit game of the season. Micah Pries was 3-for-5 with a double, two RBI and a hit-by-pitch for PLNU. Harrison Ramey was 2-for-4 for his 10th multi-hit game.

Joshua Gogue (0-4) took the loss after he was pulled following the first and the Toros never tied the game. John Soteropulos was 2-for-4 with a home run and three RBI to lead CSUDH.

Coach Joe Schaefer took over as the leader of the Sea Lions' baseball program in 2009. Since then he has led PLNU to two of its four 40-win seasons in school history, and to both the NCAA West Regional and the NAIA World Series. He is 300-198-1 in his nine-year career.

Benoit Bucher represents PLNU at the NCAA Track & Field Championships



SAN DIEGO - Hannah Benoit Bucher will represent Point Loma Nazarene University in the 1500m run at the NCAA Division II Track & Field Championships in Bradenton, Fla., on May 25-27.

Benoit Bucher earned her entry to Nationals in her first season with the Sea Lions by posting a time of 4:24.63 at the Bryan Clay Invitational. That time broke the previous Point Loma school record that had stood since 1994 by 14 seconds and earned her the eighth-fastest mark in NCAA Division II this season.

"Hannah has put herself in a unique position because we knew as long as she didn't get injured, she was getting in with her time," explained Point Loma head coach Jerry Arvin. "This is a great cap on a larger body of work by Hannah this year. She set two school records and won the PacWest Championship (in the 800m)."

Benoit Bucher, a sophomore from Clovis, Calif., will be the No. 5 seed in a field which features 21 total runners. She will participate in the first heat of the race which is scheduled to begin on Thursday, May 25 at 2:55 p.m. (PST). The top two from each heat and the next eight fastest runners will qualify for the finals. The finals will be run on Saturday, May 27 at 2:35 p.m. (PST).

"I think the 1500m is loaded this year," said Arvin. "Last year you had just one woman with a time under 4:20.00 but this season the top 4 women all have marks under that time. This is going to be a really good race."

While coach Arvin is excited for Benoit Bucher and is looking forward to watching her at nationals, he knows her selection to the NCAA National Championships has impact on other parts of the Sea Lions' track & field program as well.

"This speaks volumes about our program and gives more credibility to what we are doing here" Arvin added. "We have shown growth from last year to this year. We had just three women close to getting in last year, but this season we had six. The whole program benefits by getting a student-athlete to nationals."

Inaugural S.L.A.M. Awards a big success



SAN DIEGO - On Sunday, April 30, a crowd of 350 people stepped out in style for the inaugural Sea Lions Athletic Merit (S.L.A.M.) Awards held at the Liberty Station Conference Center. Dressed to impress from head to toe, over 200 student-athletes brought their A-game as they made their way down the red carpet towards the ceremony.

The S.L.A.M. Awards was created as a celebration of academic, athletic and community excellence achieved by our 2016-17 student-athletes, and is slated to be an annual event to close out the school year. PLNU baseball alum Judson Richards ('04) served as emcee for the evening's program, which included 18 award categories presented by PLNU administration, athletic staff and coaches.

Athletic director Ethan Hamilton awarded two individuals with special recognition in the course of the program. An honorary Athletic Staff Award was given to Richey Rodgers, for his commitment to excellence as a key member of the athletic facilities team. A Lifetime Achievement Award was presented to Dr. Carroll Land, former athletic director and baseball head coach, for his 49 years of service in PLNU Athletics. Hereafter, the award is renamed the Land Lifetime Achievement Award in his honor. The final two awards, Sea Lion of the Year and Team of the Year, were presented by President Bob Brower and Ethan Hamilton, respectively. Sea Lion of the Year was awarded to Sami Swanson (Women's Soccer), and the recipient of the Team of the Year award was the Cross Country team.

Below is a list of all the inaugural S.L.A.M. Award Winners:

Team Service Award – Women's Soccer



Each year, along with other PLNU athletic teams, the women's soccer team spends the day working at Special Olympics Day hosted on our track and field. After the event finished, they packed up leftovers and personally delivered them to San Diego homeless. The Special Olympics Executive Leadership team commended their service saying: "They set the standard for being Christian athletes doing God's work on and off the field." Additionally, last summer, 15 players traveled to Zambia, Africa, on a two-week LoveWorks' missions trip. They ministered and taught in an underprivileged school and church, and also donated \$5,000 toward building upgrades. A number of the women's soccer student-athletes are also engaged in the campus community, serving in variety of roles for activities such as: Rock Climbing club, Student-Athlete Advisory Committee, D-group, BREAK club, MOSAIC, Physics club, Elderly Outreach Ministry, Love Art Gallery, and Students for Environmental Action and Awareness club. Other nominees: All teams

Male Freshman of the Year – Sterling Somers



Somers averaged 8.9 points and 4.6 rebounds per game as he was named the 2016-17 PacWest Freshman of the Year. He won three-straight PacWest Freshman of the Week honors and scored a career-high 22 points at Chaminade. He also stepped up in the PacWest tournament, scoring 19 points and grabbing six rebounds against the PacWest Player of the Year. Other nominees: Micah Pries

Female Freshman of the Year – Cara Keturakis



Keturakis started every match as the Sea Lions' setter during her freshman season. She finished third in the PacWest with 9.72 assists per set, despite PLNU ranking seventh in assists as a team. She posted a triple-double, the first for PLNU in NCAA Division II, with 12 kills, 47 assists and 21 digs in a win over Azusa Pacific. Cara had 13 double-doubles and posted a PacWest season-high 61 assists against Hawaii Hilo. Other nominees: Jordan Sienkiewicz

Team Performance of the Year – Men's Basketball



The Men's Basketball team received the award for their victory over California Baptist University. With the TV cameras on and CBU celebrating their final game in their home gym, the Point Loma men's basketball team went on the road and stunned the Number 5 team in the country by beating them 77 to 71, with a stellar comeback victory televised on Fox Sports. PLNU outscored the Lancers 23 to 7 in the final six minutes, including a 12 to 2 run in the final 3 minutes and 9 seconds. The final blow came from Mike Planeta who knocked down a 3-pointer in the corner off a pass from Josh Rodriguez to secure the victory and close down CBU's gym with a loss for the Lancers. Other nominees: Baseball, Cross Country, Men's Soccer, Women's Basketball, Women's Tennis

Male Athlete Performance of the Year – Nico Tagaloa



Nico totaled nine points in Point Loma's win over the defending PacWest champions Fresno Pacific on Senior Day. He scored four goals and had an assist to tie the NCAA single-game high mark for points this season. He played a part in the Sea Lions' first five goals, by scoring the first two, assisting the third then scoring the fourth and fifth. Those four goals also matched a PLNU school record. Other nominees: Trevor Abshire

co-Female Athlete Performance of the Year – Roya Rustamzade



Roya earned the award for her performance in Regionals in Anchorage, Alaska, against rival Cal Baptist. She stepped up for the Sea Lions in their NCAA West Regional game, scoring 21 points and grabbing 18 rebounds against the No. 3 team in the country. It was her 15th double-double of the season, and she also had three assists, three blocks and two steals. The most impressive moment was when she was fouled on a 3-pointer as time was expiring, and stepped to the free throw line to knock down all her free throws and send the game into overtime.

co-Female Athlete Performance of the Year – Alex Hernandez



Alex Hernandez earned the honor for her outstanding performance at the 2017 PacWest Championships when she set new school, stadium and PacWest records by winning the 10,000-meter with a time of 36:13.74. With all eyes on her and so far ahead of the pack that she lapped the second place finisher, Hernandez shattered the previous PacWest record in the 10k by over a minute and a half and broke the school record which had stood since 1989. Other nominees: Brianna Bartello, Hannah Benoit Bucher, Cara Keturakis

Coach of the Year - Lisa Faulkner



In her first season at PLNU and as a first-year head coach, Lisa Faulkner guided the Point Loma women's basketball team to a 24-6 record and to the No. 7 seed in the NCAA West Regional. The Sea Lions had their best-ever season in the PacWest Conference and finished second in the standings with a 17-3 record. They also reached the PacWest Championship game. Coach Faulkner led her team to two different nine-game winning streaks, and had two of her players, Alex Brunk and Roya Rustamzada, earn All-West Region honors. Other nominees: All PLNU coaches

Sportsmanship Award – Larissa Lakin



Larissa was selected by her peers because of her upbeat attitude despite enduring a season-ending injury at the start of both her freshman and sophomore years. She never complained, but maintained an incredible spirit throughout her rehab and remained a positive voice for her entire team. Her cheerfulness and unyielding support spoke volumes to her teammates and coaches. Other nominees: Megan Angerstein, Hannah Chiu, Cameron Gilbert, Alex Hernandez, Larissa Lakin, Jesse Miritello, Melanie Quijano, Lindsey Redmond, Steven Velazquez, Stephen Young

co-Academic Success Award – Women's Golf



The Women's Golf team earned a combined GPA of 3.671 in the Fall semester and a 3.589 cumulative GPA. In the 2016 season, they also earned academic honors as six Sea Lions grabbed PacWest All-Academic honors.

co-Academic Success Award – Men's Tennis



The Men's Tennis team earned a combined GPA of 3.581 in the Fall semester and a 3.567 cumulative GPA, as six of their student-athletes received PacWest All-Academic honors. Other nominees: All Teams

Leadership Award – Anna Viettry



Anna is regarded among her peers as a true leader, and someone who has earned her teammates' and peers' respect. This past year, Anna served as President and a board member on the Student-Athlete Athletic Advisory Committee – a student-led committee made up of representatives from each of our 11 sports teams. This committee represents the collective voice of student-athletes across the nation in NCAA Division II Athletics. Anna was also selected as team captain on the women's basketball team and is considered a strong spiritual leader. In the campus community, she is involved in intramurals and serves as Intramurals Director. She has performed all of her leadership responsibilities with excellence, and all while maintaining an impressive 3.9 GPA. Other nominees: Jack Alston, Rima Antous, Josie Frye, Ryan Garcia, Cara Keturakis, Mike Planeta, Sami Swanson, Regina von Koch, Demi White

Heart of A Sea Lion Award – Erin Beezhold



Erin, a track and field student-athlete, was selected by her peers to receive this award for her perseverance. Despite battling injuries that kept her from competition, she continued going to practice, participating in any way she could, even if that meant doing ab workouts with her immobilizing boot on her foot. Throughout the season, her spirits were always high, her smile was infectious, and she didn't give up, no matter what challenge she faced. Other nominees: Riley Abraham, Brianna Bartello, Nicole Camaratta, Samantha Krakower, Courtnie Marshall, Brendon Millington, Trevor Peterson, Michelle Picca, Travis Takata, Sean Williams

Best Dressed Award – Eric Pierce & Ariel Oriarte



This award was voted on by all the student-athletes for the male and female who stood out from the rest of their peers for their excellent sense of style. From the men's baseball team and the women's soccer team, Eric and Ariel received the award for Male and Female Best Dressed. Other nominees: Hannah Benoit Bucher, Haley Fuller, Shelby Groeneveld, Gage Jensen, Jack Langborg, Carol Schroeder, Demi White

Fan of the Year – Brock Lusky



As ASB Director of School Spirit and a Green Sea Hooligan, Brock led PLNU's student section in cheering on the Sea Lions at home athletic contests. Over the last three years, he also played a key role in encouraging student attendance at games through a variety of ASB-sponsored promotions, including Dash for the Cash, the Dating Game and Glow in the Dark Dodgeball. Other nominees: James Konoske, Brock Lusky, Austin Stephens, Janie Unkefer, Alexa Wise, Dr. Bill Wood

Comeback Player of the Year – Celine Lum



As a freshman, Celine set a personal best and a NCAA Division II women's provisional qualifying mark in the pole vault at her first collegiate meet, making her the first Point Loma track and field athlete to attain a NCAA D-II provisional mark in school history. That vault also tied her for 3rd All-Time in the pole vault at Point Loma. Just two weeks later, she was diagnosed with a stress fracture in her shin which ended her season. This year, she is back in action. Celine won the pole vault at the 2017 PacWest Championships and remains atop the conference Performance List for the pole vault by over three inches. She once again hit the provisional qualifying mark for the NCAA D-II championships (*held in Florida at the end of May). Other nominees: Shelby Groeneveld, Brendon Millington, Trevor Peterson

Female Athlete of the Year – Hannah Benoit Bucher



Hannah has made her mark both in cross country and in track in her first season at Point Loma. During the fall, she helped lead PLNU to its best finish at three post-season meets: the PacWest Championships, the West Regional and the NCAA Championships. She finished second at the PacWest Championships and ninth at regionals. She was also named PacWest Newcomer of the Year and collected USTFCCCA All-Academic honors. So far in the track season, Benoit Bucher has already eclipsed school records in both the 800 meter and the 1500 meter, and was the PacWest Conference Champion in the 800m. She is currently seventh in the country in the 1500m with a time of 4:24.63 and has a great chance to represent Point Loma at the 2017 NCAA Track & Field Championships at the end of May. Other nominees: Alex Brunk, Ariel Oriarte

Male Athlete of Year – Ryan Garcia



Ryan Garcia has been a force in the Sea Lions' lineup and throughout the PacWest Conference since joining the team four years ago. This season, Ryan is hitting .355 and is ranked in the top 5 in the PacWest in walks, home runs, on-base percentage and slugging percentage. He also reached base safely in 69 straight games between 2015 and 2017. Garcia will leave PLNU with his name scattered throughout the record books, as he ranks in the top 5 in school history in doubles, home runs, walks and runs batted in. Other nominees: Tyler Allen, Ryan Garcia, Josh Rodriguez, Kellen Sheppard, Stephen Young

Sea Lion of the Year – Sami Swanson



Sami has been a key member for the success of the women's soccer team – winning back-to-back conference championships in 2014 and 2015, and nearly winning it this past year. She plays center midfielder, which is arguably the toughest position on the field due to the combined offensive and defensive responsibilities. Coach Hall considers her one of his team's smartest, hardest-working and fittest players. Sami has started every game since she was a freshman and was named PacWest Freshman of the Year. Sami was voted to the All-PacWest team for the third time as a midfielder. She started in all 18 matches on a team that had a shutout streak for a total of 808 consecutive minutes. Sami is the quintessential model of a PLNU student-athlete, maintaining a 3.9GPA and earning multiple scholar-athlete awards. She has served in many leadership roles, including Team Captain since second semester of her sophomore year, a spiritual leader on the team and in her family, a student leader in the planning and training efforts for the team's Africa Trip, and a D-group leader and an Alpha group leader among her peers in the PLNU community. Other nominees: Hannah Benoit Bucher, CJ Erion, Cara Keturakis, Andrew Ritchie, Kellen Sheppard, Anna Viettry, Regina von Koch

Team of the Year – Cross Country



The Point Loma women's Cross Country team was one of the top teams both in the PacWest and the West Region all season, and they proved it by placing 12th at the 2016 NCAA Division II Championships. The team earned the right to run for the national title by placing second at the PacWest Championships and fourth in the NCAA West Regional. At nationals, PLNU placed 12th out of 32 teams and Brianna Bartello captured All-American honors by finishing 37th. In addition, Jerry Arvin was named PacWest Coach of the Year and Hannah Benoit Bucher was voted PacWest Newcomer of the Year. Five Sea Lions also earned All-PacWest honors and Benoit Bucher and Alex Hernandez earned USTFCCCA All-Academic honors. Other nominees: All PLNU Teams