



Intercollegiate Athletics
ANNUAL REPORT

2018 – 2019

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 were 204 student-athletes who competed in the athletics 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, and 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 studentn athletes' spiritual growth and access to growth opportunities through the athletic department and their specific sport. Academic development would be defined by studentn 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). One of our student-athletes won the NCAA Elite 90 Award this past year. The Elite 90 Award is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's championships.

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 these community engagement events include Special Olympics, San Diego Rescue Mission, Ocean Beach Second Chance Bread of Life Ministry, Susan G. Komen Foundation, ALS 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), Dodgeball and Spikeball Tournaments, and Fall Festival (see Appendix A).

Student-Athlete Leadership – SAAC has created openness to new ideas and perspectives. Throughout the year they have provided leadership in supporting organizations like Wounded Warrior Project, Operation Christmas Child, Special Olympics and San Diego Rescue Mission. 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). The other is a formal event attended by all student-athletes featuring testimonies from fellow student-athletes and other guest speakers. Individual teams also hold team Bible studies, and other spiritually driven team functions (see Appendix A).

Academic Development – For the fifth straight year, PLNU was honored with the prestigious NCAA Presidents Award for Excellence. Finishing second in the country with a 97% academic-success rate, after leading the nation the previous two years with a 99% rate. We work closely with professors to insure school work and class misses are minimized due to athletic contest, We keep academics 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 rose again to 3.40. Once again the student-athlete GPA was as high or higher than the general student body GPA. Also PLNU 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, San Diego Rescue Mission, 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 by being 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 also work directly with ASB to create, support, and participate in non-athletic club activities on campus (see Appendix A).

Student-Athlete Leadership – Two of PLNU's student-athletes were selected by the NCAA to attend the NCAA Career in Sports Forum, an exclusive national conference in Indianapolis, as a result of their leadership record throughout their time as an NCAA student-athlete and their interest in a career in sports management. In addition, two members of each PLNU athletic team represent their teammates within the PLNU Student Athlete Advisory Committee (SAAC). These SAAC members are charged with coordinating community engagement events, partnering with university ASB, and gathering information and issues from their teammates to represent 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 – Teams and individual student-athletes 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 Susan G. Komen Breast Cancer Walk for the Cure, Dig Pink Cancer Awareness, Bread of Life Homeless Outreach, San Diego Rescue Mission, Special Olympics, ALS Foundation, 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, Associated Student Body (ASB) 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 1,000 hours of community engagement this year and won the PacWest Conference Community Engagement Award two of the past three years. This year's winner has not yet been announced at the time of this report. Examples of community engagement stretch from Make-A-Wish fundraising, participation in breast cancer walks, Special Olympics, Ocean Beach Second Chance Bread of Life Ministry, and the Wounded Warrior Foundation. 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 over 99% 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 and disadvantaged individuals. 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. Creation and 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. SAACs involved in community and campus engagement give opportunities for student-athletes to enhance their leadership skills (see Appendix A).

2018-2019 Area Assessment

In 2018-19 Athletics evaluated the academic success of scholarship student-athletes vs non-scholarship student-athletes for the fourth consecutive year by analyzing grade point averages from both the fall and spring semesters. The results continue to show no significant difference in academic success between these groups...

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

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

2017-18: scholarship (3.37) vs non-scholarship (3.35)

2018-19: scholarship (3.41) vs non-scholarship (3.36)

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 by holding a one day Personal Executive Training workshop for all full-time Athletics administration staff members.

Areas of Distinction

Please see Year End Review (Appendix F)

Appendix A



Community Engagement Report



During the 2018-19 academic year Sea Lions student-athletes were involved in over 100 different community service events locally, regionally, nationally and globally. These included a wide variety of events and programs that had a direct impact on the campus, the region, and around the world.

During the year, PLNU student-athletes launched a new partnership with the San Diego Rescue Mission in an effort to have a greater impact on the local community. Through this partnership, PLNU student-athletes had the opportunity to be directly involved on a regular basis and see the fruits of their labor firsthand. Although the SDRM was the primary focus for the PLNU Athletic Department, it was certainly not the only benefactor of the tremendous work PLNU student-athletes did over the course of the year. Sea Lions student-athletes were also extremely involved in other core programs and organizations such as 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 including international mission trips. In addition, PLNU student-athletes also focused on their own campus community by connecting with the general student population in an attempt to unite student-athletes with other student groups.

Some of the specific programs and events in which PLNU student-athletes impacted are detailed below. Along with a listing of the many groups directly supported and impacted by their involvement.

SAN DIEGO RESCUE MISSION

The Student Athlete Advisory Committee at PLNU spearheaded the effort to join with the San Diego Rescue Mission as PLNU Athletics' primary non-profit partner. The San Diego Rescue Mission's vision is one that PLNU Athletics and SAAC fully support- "To see God transform the lives of those experiencing homelessness, impacting San Diego one life at a time."



SAAC is impressed with the holistic approach the Mission uses in dealing with the rehabilitation and recovery of those who find themselves living on the streets. The Mission also lovingly addresses the needs of its clients while sharing the Good News of salvation.



In the first year of this partnership made in heaven, PLNU student-athletes raised over \$2,000 for the Rescue Mission through events such as Spikeball and Dodgeball tournaments, an email solicitation campaign, and donation tables at home games. Student-athletes also volunteered by painting bible verses on the walls of the San Diego Rescue Mission's facilities and helping clean and organize their thrift store. In addition, Sea Lions student-athletes joined the Sleepless San Diego event put on by the Rescue Mission where volunteers spend the night outdoors in order to raise the awareness of homelessness in San Diego.

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.



BREAD OF LIFE



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. These trips have become a favorite of our student-athletes and have had a very strong impact on them as well as the people they serve. Sea Lions student-athletes committed nearly 200 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 in multiple sports. 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 discounted military tickets to all home contests.



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 2018-19 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 their annual "Dig Pink Breast Cancer Awareness" event to help raise funds and awareness in the fight against breast cancer. The team wore pink jerseys and pink ribbons were distributed to all fans in attendance. There were pink frosted donuts with the PL logo for all students in attendance. The "Dig Pink" volleyball match was the culmination of several days of breast cancer awareness activities on the PLNU campus. 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 annual "Dig Pink" breast cancer awareness event on October 5

ALS ASSOCIATION



Shirts worn by teams during pregame

The Point Loma men's & women's basketball teams joined forces to host ALS Awareness Night. Both teams, and their opponents (Azusa Pacific Univ), wore shirts during pre-game supporting the ALS Association. Current ALS patients met with both teams prior to the game to educate them on the disease. It was a very emotional day hearing the firsthand personal stories of people affected. Donations to the ALS Association were solicited in the stands during the game.

POINT LOMA

SEA LIONS

YOUTH DAYS

The PLNU tennis teams and baseball team each conducted free youth tennis clinics spending these fun-filled events 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 contests.



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.



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 dorms



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 greeting guests and staffing various booths and children's arts & crafts stations. In addition, the PLNU men's basketball team distributed 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 individuals and families they met.

POINT LOMA

SEA LIONS

PLNU Athletics Community Partners



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

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 1,000+ hours of community service outlined within this report.

- San Diego Rescue Mission
- Special Olympics
- Side Out Foundation
- Susan G. Komen Race for the Cure
- Operation Christmas Child
- Wounded Warrior Project
- Bread of Life Homeless Shelter
- Autism Tree Project Foundation
- Sunset View Elementary
- Susan G. Komen Foundation
- Alima Tutoring Center
- Arizona Autism Center
- PLNU Fall Festival
- PLNU New Student Orientation
- Environmental Health Coalition
- Grace Place
- Harbor City Church
- I Love A Clean San Diego
- San Diego River Park Foundation
- Scripps Mercy Hospital
- Bond Academic Support & Tutoring Center
- American Red Cross
- Women & Families Resource Fair
- And many more...

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

Academic Success Rate Report

2008 - 2011 Cohorts: Point Loma Nazarene University

Men's Sports			Women's Sports		
Sport	ASR	Fed Rate	Sport	ASR	Fed Rate
Baseball	100	58	Basketball	100	71
Basketball	83	63	Bowling	-	-
CC/Track	-	64	CC/Track	98	100
Fencing	-	-	Crew/Rowing	-	-
Football	-	-	Fencing	-	-
Golf	-	33	Field Hockey	-	-
Gymnastics	-	-	Golf	100	75
Ice Hockey	-	-	Gymnastics	-	-
Lacrosse	-	-	W. Ice Hockey	-	-
Mixed Rifle	-	-	Lacrosse	-	-
Skiing	-	-	Skiing	-	-
Soccer	95	82	Soccer	96	80
Swimming	-	-	Softball	-	80
Tennis	100	33	Swimming	-	-
Volleyball	-	-	Tennis	100	86
Water Polo	-	-	Volleyball	100	86
Wrestling	-	-	Water Polo	-	-
Men's Non-NCAA Sponsor. Sports	-	-	Women's Non-NCAA Sponsor. Sports	-	-

Point Loma Nazarene University

FRESHMAN-COHORT GRADUATION RATES	All Students	Student-Athletes #
2011-12 Graduation Rate	74%	58%
Four-Class Average	73%	75%
Student-Athlete Academic Success Rate		97%

1. Graduation-Rates Data

a. All Students

	Men				Women				Total			
	2011-12		4-Class		2011-12		4-Class		2011-12		4-Class	
	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	5	60	15	67	8	63	25	68	13	62	40	68
Asian	20	65	61	77	27	81	83	77	47	74	144	77
Black	5	40	14	50	14	64	40	65	19	58	54	61
Hispanic	43	67	145	68	58	78	200	74	101	73	345	71
Nat. Haw./PI	***	***	***	***	***	***	***	***	***	***	***	***
N-R Alien	0	-	***	***	0	-	***	***	0	-	***	***
Two or More	***	***	10	60	***	***	5	80	***	***	15	67
Unknown	***	***	6	67	***	***	8	88	***	***	14	79
White	122	66	572	69	222	82	996	78	344	76	1568	74
Total	197	65	826	69	335	80	1366	76	532	74	2192	73

b. Student-Athletes

	Men						Women						Total					
	2011-12		4-Class		ASR		2011-12		4-Class		ASR		2011-12		4-Class		ASR	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***
Asian	***	***	***	***	4	100	***	***	***	***	8	100	***	***	***	***	12	100
Black	***	***	***	***	4	75	***	***	***	***	7	100	***	***	***	***	11	91
Hispanic	***	***	5	80	14	100	***	***	5	80	12	92	***	***	10	80	26	96
Nat. Haw./PI	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***
N-R Alien	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
Two or More	0	-	0	-	***	***	0	-	0	-	***	***	0	-	0	-	***	***
Unknown	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
White	8	38	38	58	50	96	5	80	46	87	101	99	13	54	84	74	151	98
Total	12	42	48	63	77	95	12	75	65	85	139	99	24	58	113	75	216	97

c. Student-Athletes by Sport Category

Baseball				Men's Basketball				Men's CC/Track			
% - N				% - N				% - N			
2011-12	4-Class	ASR		2011-12	4-Class	ASR		2011-12	4-Class	ASR	
Am. Ind./AN	-	-	-	Am. Ind./AN	-	-	100-a	Am. Ind./AN	-	-	-
Asian	-	-	-	Asian	-	-	-	Asian	100-a	100-a	-
Black	100-a	100-a	100-a	Black	0-a	0-a	67-a	Black	-	-	-
Hispanic	-	-	100-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	-	-	0-a	Two or More	-	-	-
Unknown	-	-	-	Unknown	-	-	100-a	Unknown	-	100-a	-
White	50-a	55-c	100-e	White	0-a	71-b	90-b	White	0-a	50-b	-
Total	60-a	58-c	100-e	Total	0-a	63-b	83-d	Total	50-a	64-c	-
Football				Men's Other							
% - N				% - N							
2011-12	4-Class	ASR		2011-12	4-Class	ASR					
Am. Ind./AN	-	-	-	Am. Ind./AN	-	-	-				
Asian	-	-	-	Asian	-	100-a	100-a				
Black	-	-	-	Black	-	-	-				
Hispanic	-	-	-	Hispanic	0-a	75-a	100-b				
Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	-				
N-R Alien	-	-	-	N-R Alien	-	-	-				
Two or More	-	-	-	Two or More	-	-	100-a				
Unknown	-	-	-	Unknown	-	-	-				
White	-	-	-	White	50-a	58-c	94-d				
Total	-	-	-	Total	33-a	65-d	97-e				
Women's Basketball				Women's CC/Track				Women's Other			
% - N				% - N				% - N			
2011-12	4-Class	ASR		2011-12	4-Class	ASR		2011-12	4-Class	ASR	
Am. Ind./AN	-	-	-	Am. Ind./AN	-	100-a	100-a	Am. Ind./AN	0-a	0-a	-
Asian	-	-	-	Asian	-	-	100-a	Asian	100-a	100-a	100-b
Black	0-a	50-a	100-a	Black	-	100-a	100-a	Black	-	-	-
Hispanic	-	-	100-a	Hispanic	-	-	67-a	Hispanic	100-a	80-a	100-b
Nat. Haw./PI	-	-	-	Nat. Haw./PI	-	-	-	Nat. Haw./PI	100-a	100-a	100-a
N-R Alien	-	100-a	100-a	N-R Alien	-	-	-	N-R Alien	-	-	-
Two or More	-	-	100-a	Two or More	-	-	100-a	Two or More	-	-	100-a
Unknown	-	-	100-a	Unknown	-	-	100-a	Unknown	-	-	100-a
White	-	100-a	100-c	White	-	100-b	100-e	White	80-a	82-e	98-e
Total	0-a	71-b	100-d	Total	-	100-c	98-e	Total	82-c	82-e	99-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 2017-18)

a. All Students	Men N	Women N	Total N	b. Student-athletes #	Men N	Women N	Total N
Am. Ind./AN	4	3	7	Am. Ind./AN	0	0	0
Asian	73	90	163	Asian	1	1	2
Black	16	33	49	Black	2	1	3
Hispanic	220	384	604	Hispanic	11	17	28
Nat. Haw./PI	10	15	25	Nat. Haw./PI	0	1	1
N-R Alien	18	13	31	N-R Alien	9	3	12
Two or More	67	135	202	Two or More	1	8	9
Unknown	10	25	35	Unknown	0	2	2
White	537	967	1504	White	30	50	80
Total	955	1665	2620	Total	54	83	137

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	2	0	0	0	0
Hispanic	1	7	0	0	3
Nat. Haw./PI	0	0	0	0	0
N-R Alien	0	1	0	0	8
Two or More	0	1	0	0	0
Unknown	0	0	0	0	0
White	9	15	0	0	6
Total	12	25	0	0	17

Women	Basketball	CC/Track	Other
Am. Ind./AN	0	0	0
Asian	0	0	1
Black	1	0	0
Hispanic	2	3	12
Nat. Haw./PI	1	0	0
N-R Alien	1	1	1
Two or More	0	2	6
Unknown	0	0	2
White	5	16	29
Total	10	22	51

#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 2011-12. 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 NCAA Division II Academic Success Rate (ASR). 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 religious 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.

The box at the top of the Graduation Rates Institution Report provides the most recent class (i.e., 2011-12) and four-class (i.e., 2008-09 through 2011-12) Federal Graduation Rate for all students and for student-athletes who received athletics aid at this school. Additionally, this box provides the ASR data for the last four classes (i.e., 2008-09 through 2011-12) of student-athletes.

1. Graduation-Rates Data. The second section of the report provides Federal Graduation Rate and ASR data for all students, student-athletes and student-athletes by sport group. **[Note: Pursuant to the Student Right-to-Know Act, when 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 2011-12 and the four-class average, which includes those who entered as freshmen in 2008-09, 2009-10, 2010-11 and 2011-12. The same rates are provided for women. The total for 2011-12 is the rate for men and women combined and the four-class average is for all students who entered in 2008-09, 2009-10, 2010-11 and 2011-12.
 - b. Student-Athletes. This section provides the 2011-12 and four-class freshman-cohort graduation rates and the four-class 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 1-b for each of the eight sports categories. (The small letters indicate the value of N according to the legend at the bottom of 1-c.)
2. Undergraduate-Enrollment Data.
 - a. All Students. This section indicates the total number of full-time, undergraduate baccalaureate degree-seeking students enrolled for the 2017 fall term and the number of men and women in each racial or ethnic group (not just freshmen).
 - b. Student-Athletes. This section identifies how many student-athletes were enrolled and received athletics aid for the 2017-18 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 2-b for each of the eight sports categories.

Appendix C



Student-Athlete G.P.A. Report

2018-19 ATHLETICS GPA REPORT

10:27 Monday, June 3, 2019

1

	Fall 2018 Enrolled	Fall 2018 Average Term GPA (Weighted)	Fall 2018 Average Cumulative GPA (Weighted)	Spring 2019 Enrolled	Spring 2019 Average Term GPA (Weighted)	Spring 2019 Average Cumulative GPA (Weighted)	AY 2018/19 Enrolled (Unduplicated)	AY 2018/19 Average Term GPA (Weighted)
ALL UNDERGRADUATES	3,169	3.39	3.32	2,988	3.40	3.34	3,368	3.39
Total Non-Athletes	2,964	3.39	3.32	2,784	3.40	3.34	3,158	3.40
Male Non-Athletes	1,024	3.23	3.20	979	3.25	3.23	1,086	3.24
Female Non-Athletes	1,938	3.47	3.38	1,803	3.49	3.40	2,070	3.48
Total Athletes	205	3.42	3.39	204	3.36	3.38	210	3.39
Male Athletes	88	3.28	3.25	88	3.15	3.24	90	3.22
Baseball	35	3.36	3.23	35	3.15	3.22	35	3.26
Basketball	17	3.22	3.14	16	2.85	3.09	17	3.04
Soccer	31	3.15	3.32	31	3.31	3.32	32	3.23
Tennis	5	3.69	3.43	6	3.15	3.40	6	3.40
Female Athletes	117	3.53	3.50	116	3.51	3.50	120	3.52
Basketball	12	3.65	3.56	12	3.55	3.56	12	3.60
Cross-Country	20	3.51	3.44	19	3.49	3.45	20	3.50
Golf	8	3.39	3.36	8	3.24	3.33	8	3.31
Soccer	30	3.54	3.58	30	3.56	3.57	30	3.55
Tennis	8	3.70	3.54	9	3.48	3.53	9	3.59
Track	42	3.53	3.48	41	3.48	3.46	42	3.51
Volleyball	14	3.48	3.49	14	3.63	3.56	16	3.55
Scholarship Athletes	129	3.45	3.41	129	3.36	3.40	131	3.41
Non-Scholarship Athletes	76	3.37	3.34	75	3.34	3.35	79	3.36

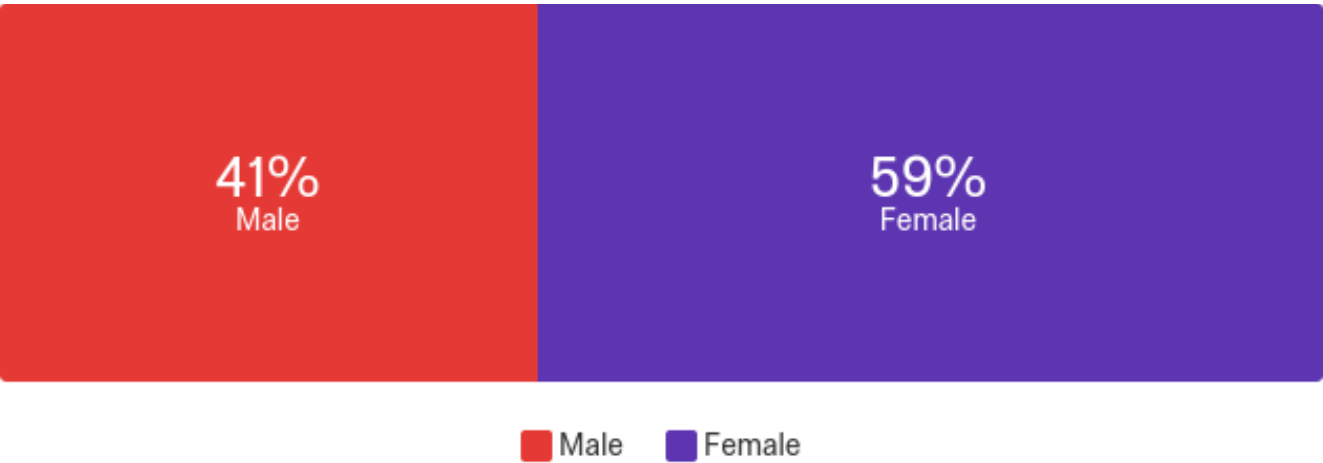
Appendix D



Sports Survey

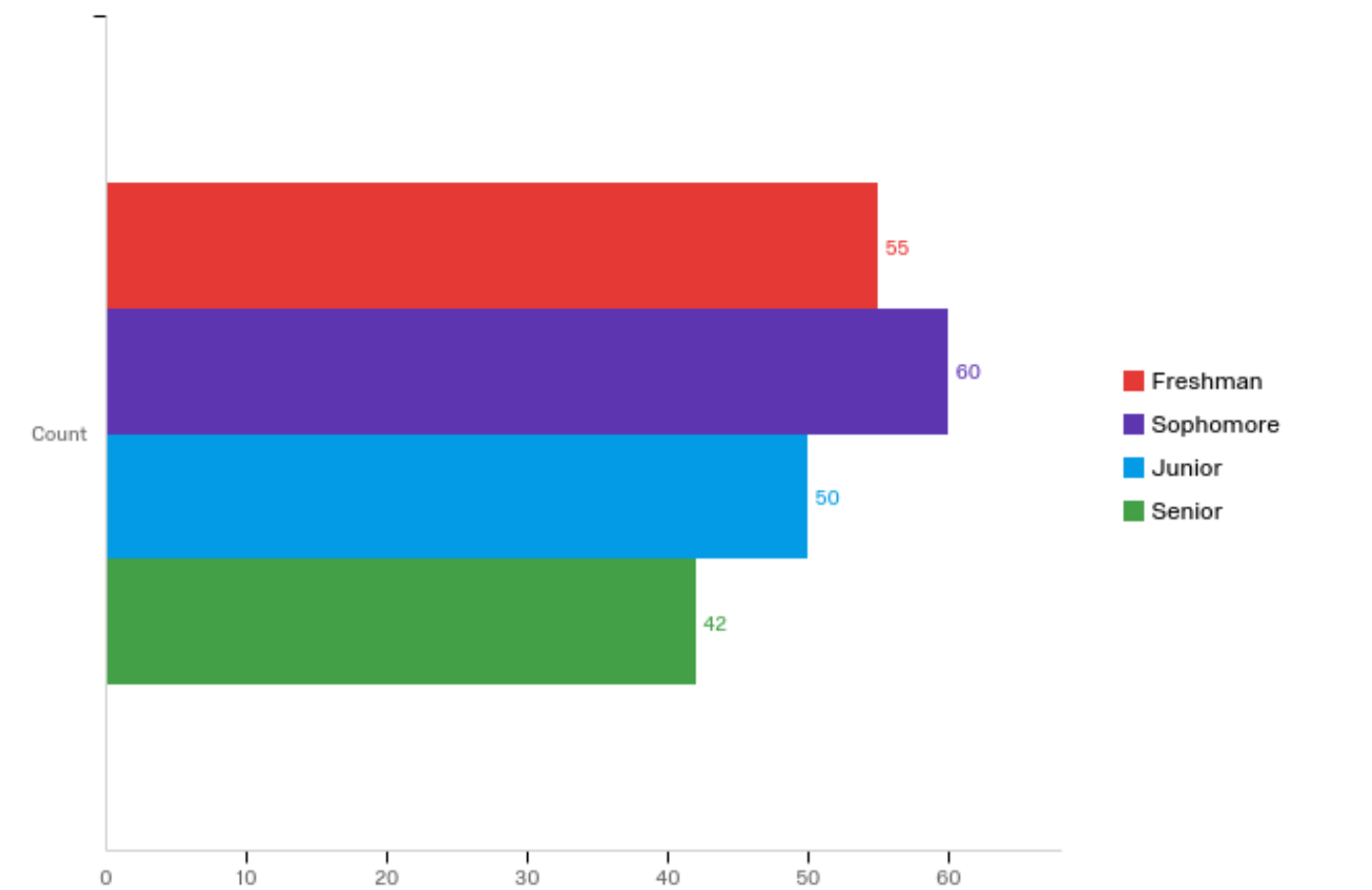
2018-2019 Athletics Survey

Gender



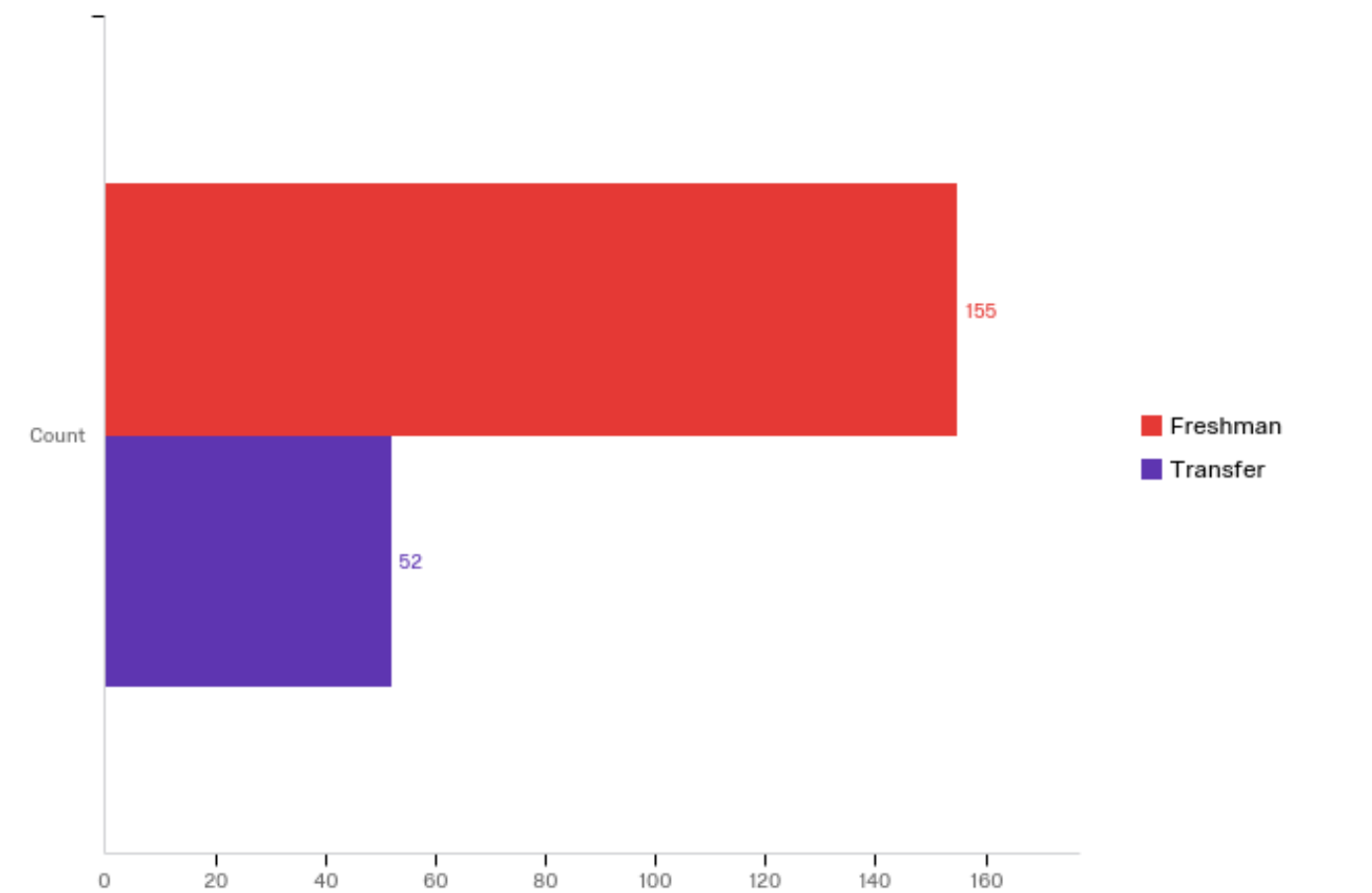
#	Answer	%	Count
1	Male	41%	84
2	Female	59%	123
	Total	100%	207

Year (Athletic Eligibility)



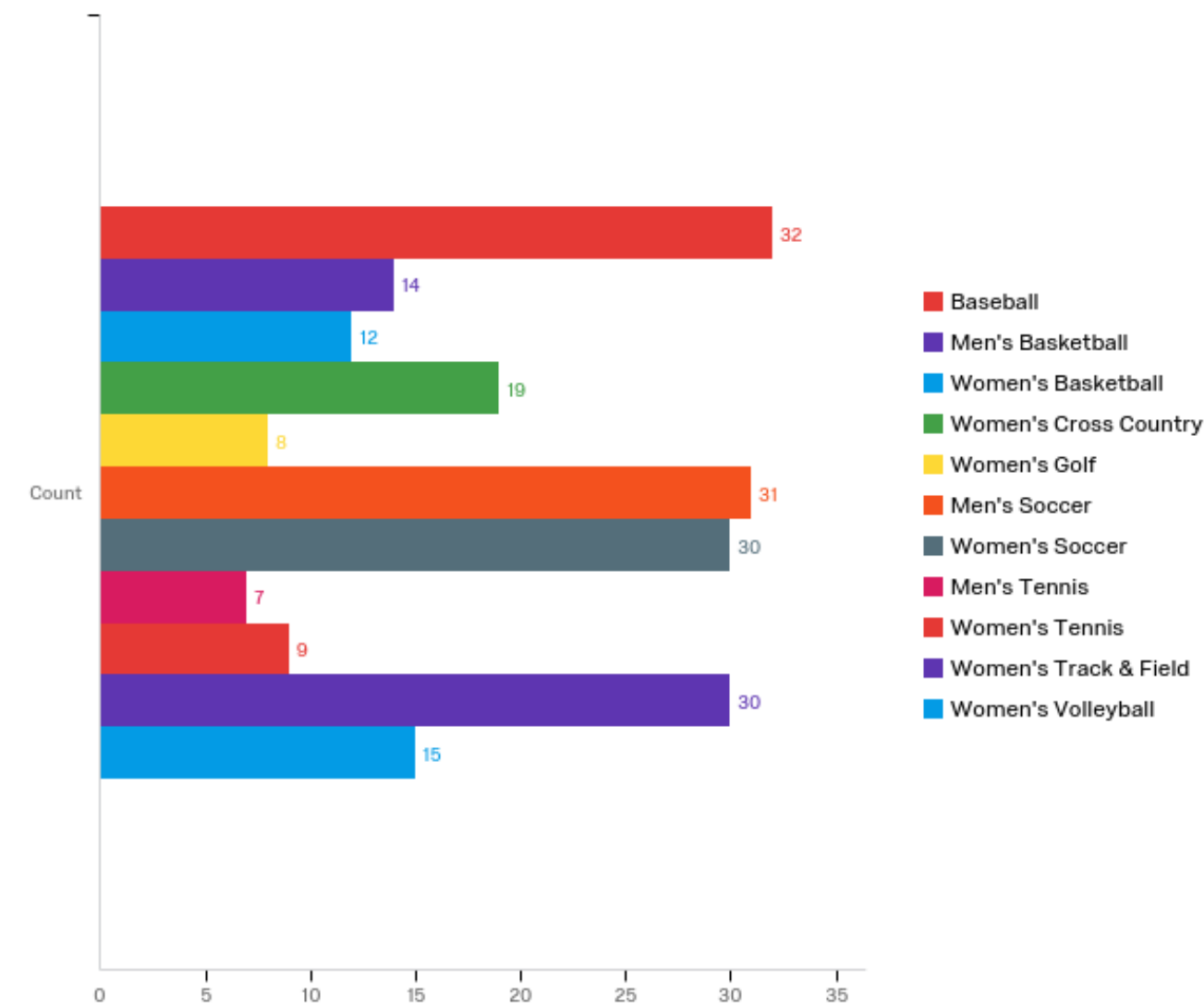
#	Answer	%	Count
1	Freshman	27%	55
2	Sophomore	29%	60
3	Junior	24%	50
4	Senior	20%	42
	Total	100%	207

Did you come to PLNU as a



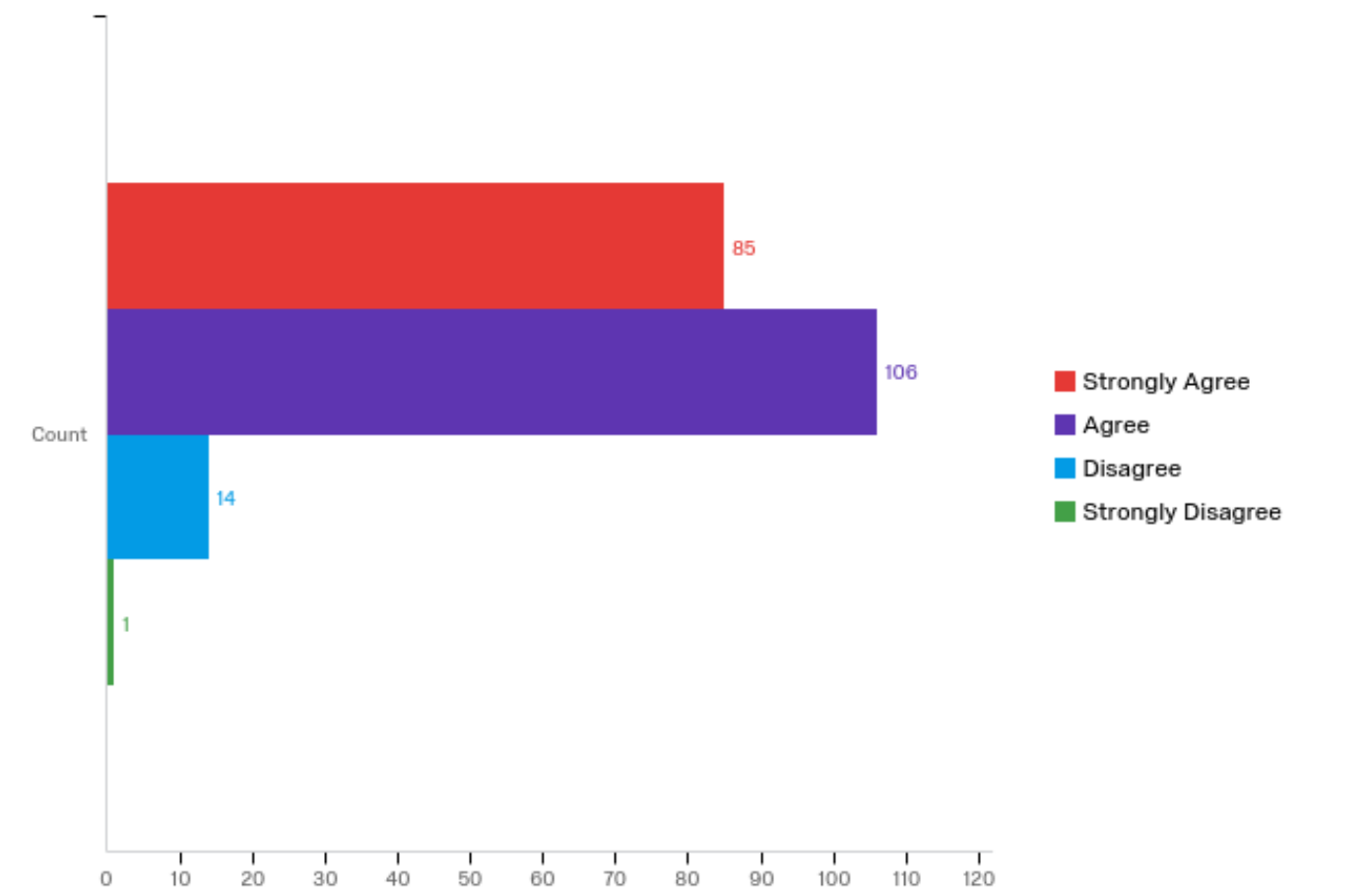
#	Answer	%	Count
1	Freshman	75%	155
2	Transfer	25%	52
	Total	100%	207

Sport



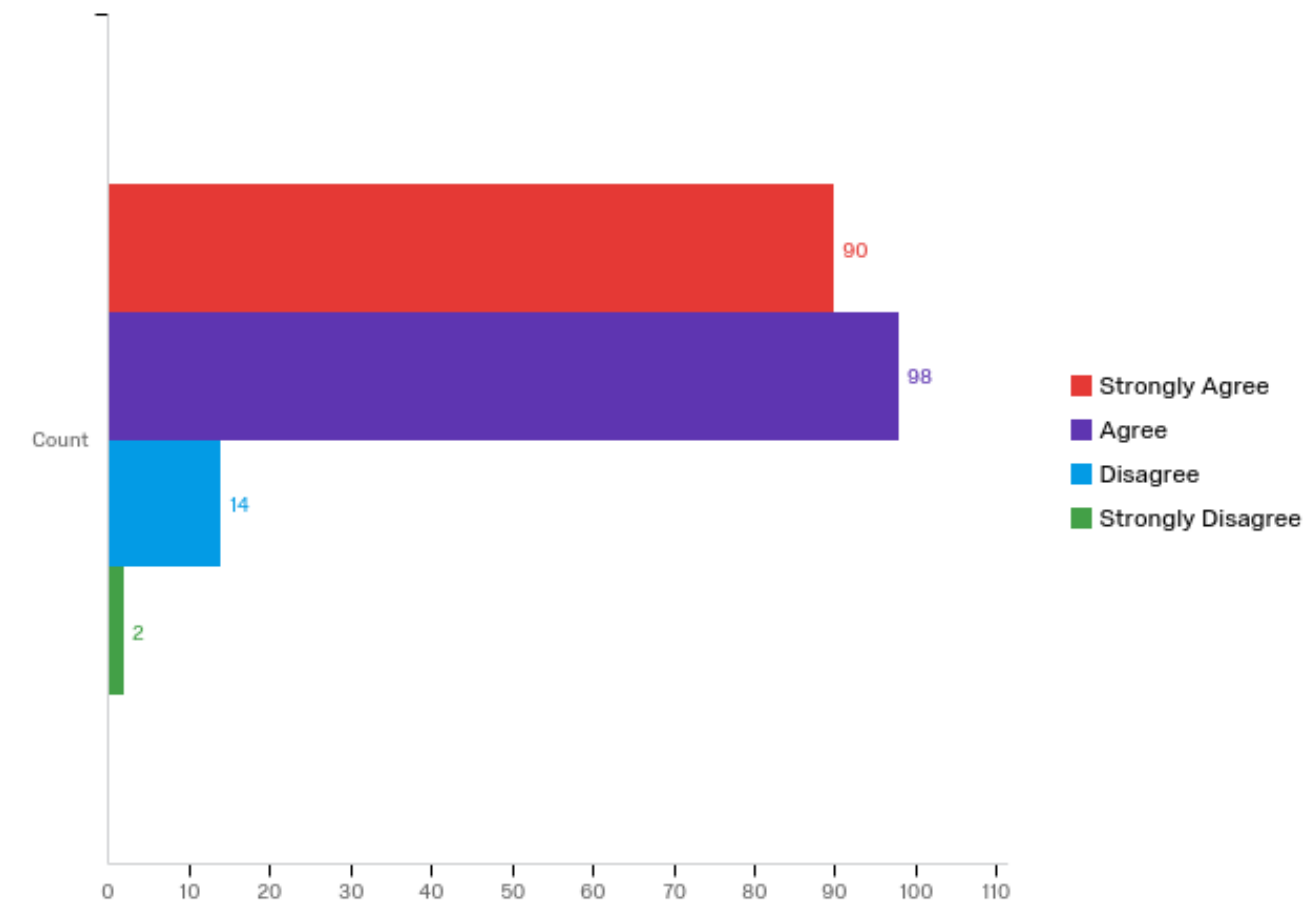
#	Answer	%	Count
1	Baseball	15%	32
2	Men's Basketball	7%	14
3	Women's Basketball	6%	12
4	Women's Cross Country	9%	19
5	Women's Golf	4%	8
6	Men's Soccer	15%	31
7	Women's Soccer	14%	30
8	Men's Tennis	3%	7
9	Women's Tennis	4%	9
10	Women's Track & Field	14%	30
11	Women's Volleyball	7%	15
	Total	100%	207

The athletic training room is accessible and meets my expectations.



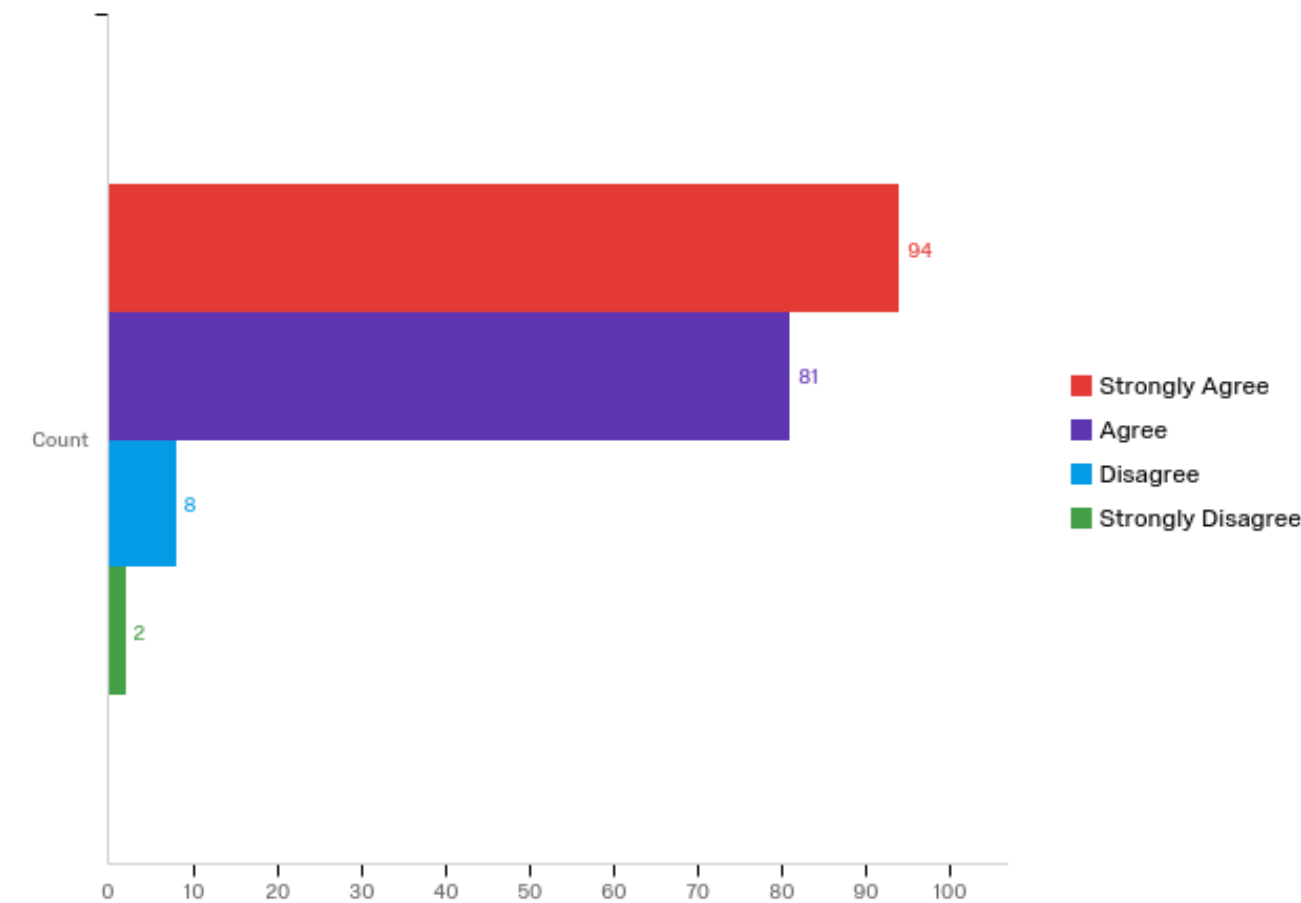
#	Answer	%	Count
1	Strongly Agree	41%	85
2	Agree	51%	106
3	Disagree	7%	14
4	Strongly Disagree	0%	1
	Total	100%	206

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



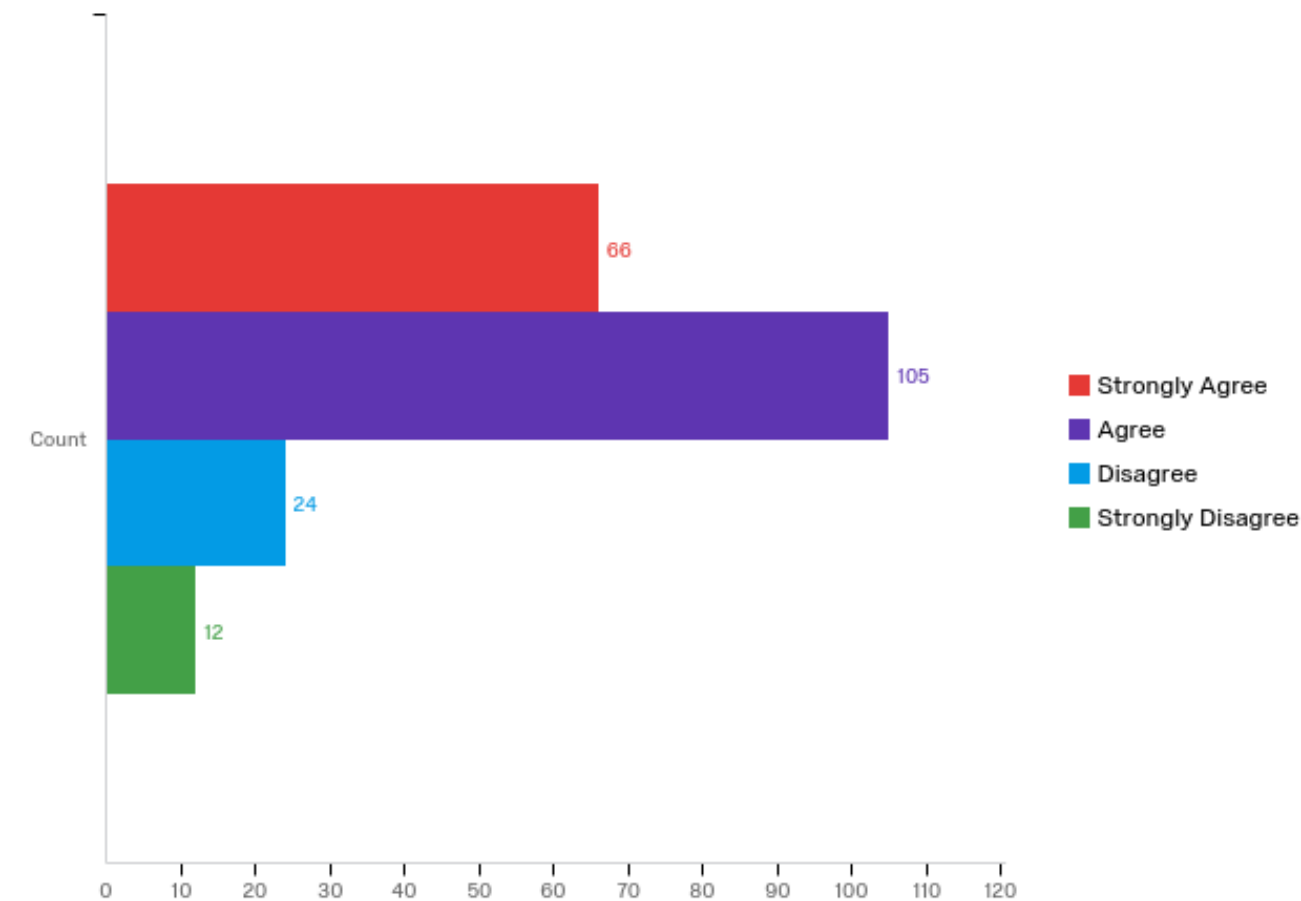
#	Answer	%	Count
1	Strongly Agree	44%	90
2	Agree	48%	98
3	Disagree	7%	14
4	Strongly Disagree	1%	2
	Total	100%	204

Sports Performance/Strength & Conditioning workout sessions were beneficial and productive.



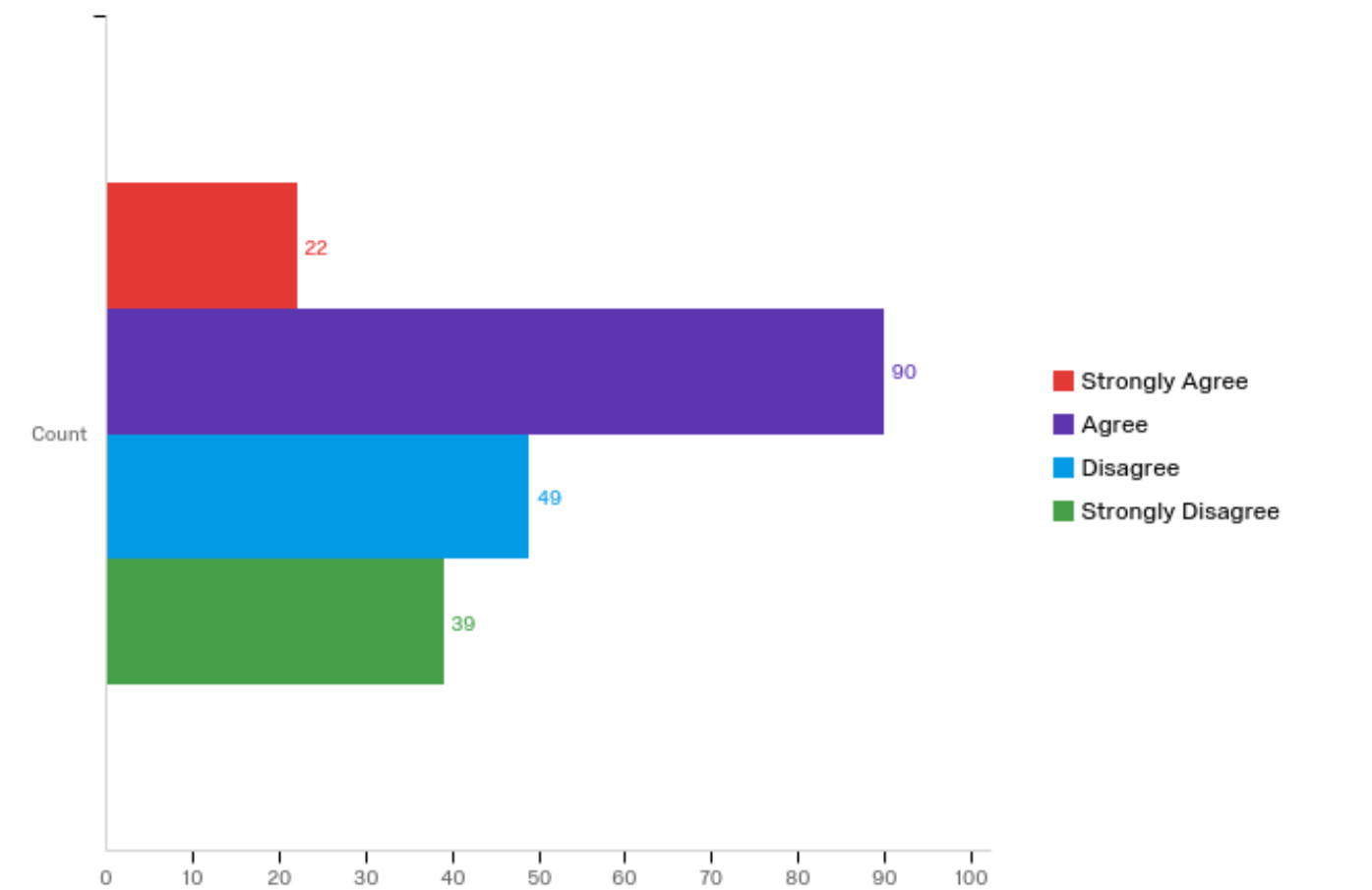
#	Answer	%	Count
1	Strongly Agree	51%	94
2	Agree	44%	81
3	Disagree	4%	8
4	Strongly Disagree	1%	2
	Total	100%	185

Practice and contest facilities for my sport are sufficient.



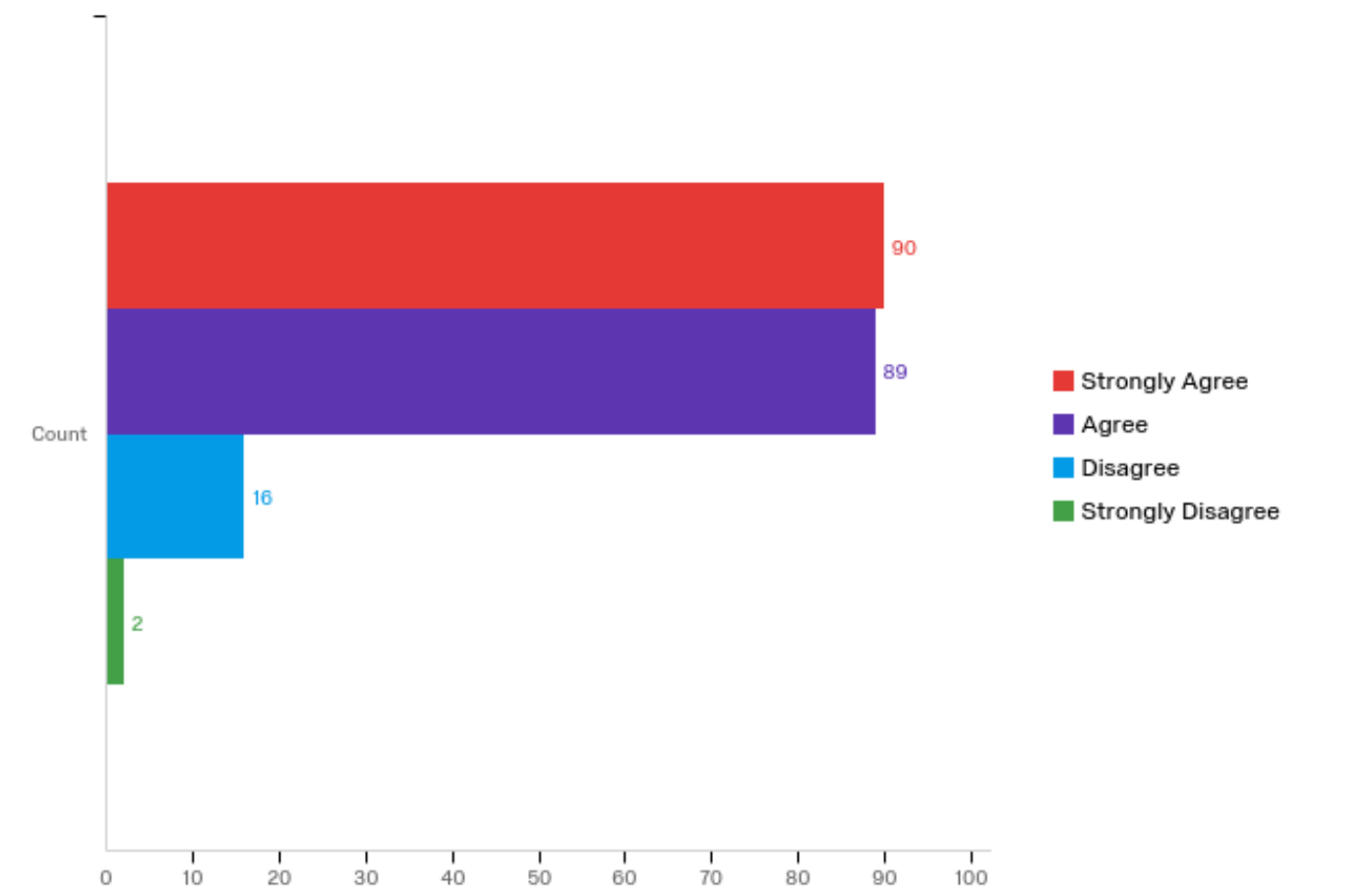
#	Answer	%	Count
1	Strongly Agree	32%	66
2	Agree	51%	105
3	Disagree	12%	24
4	Strongly Disagree	6%	12
	Total	100%	207

Our locker room meets our team needs.



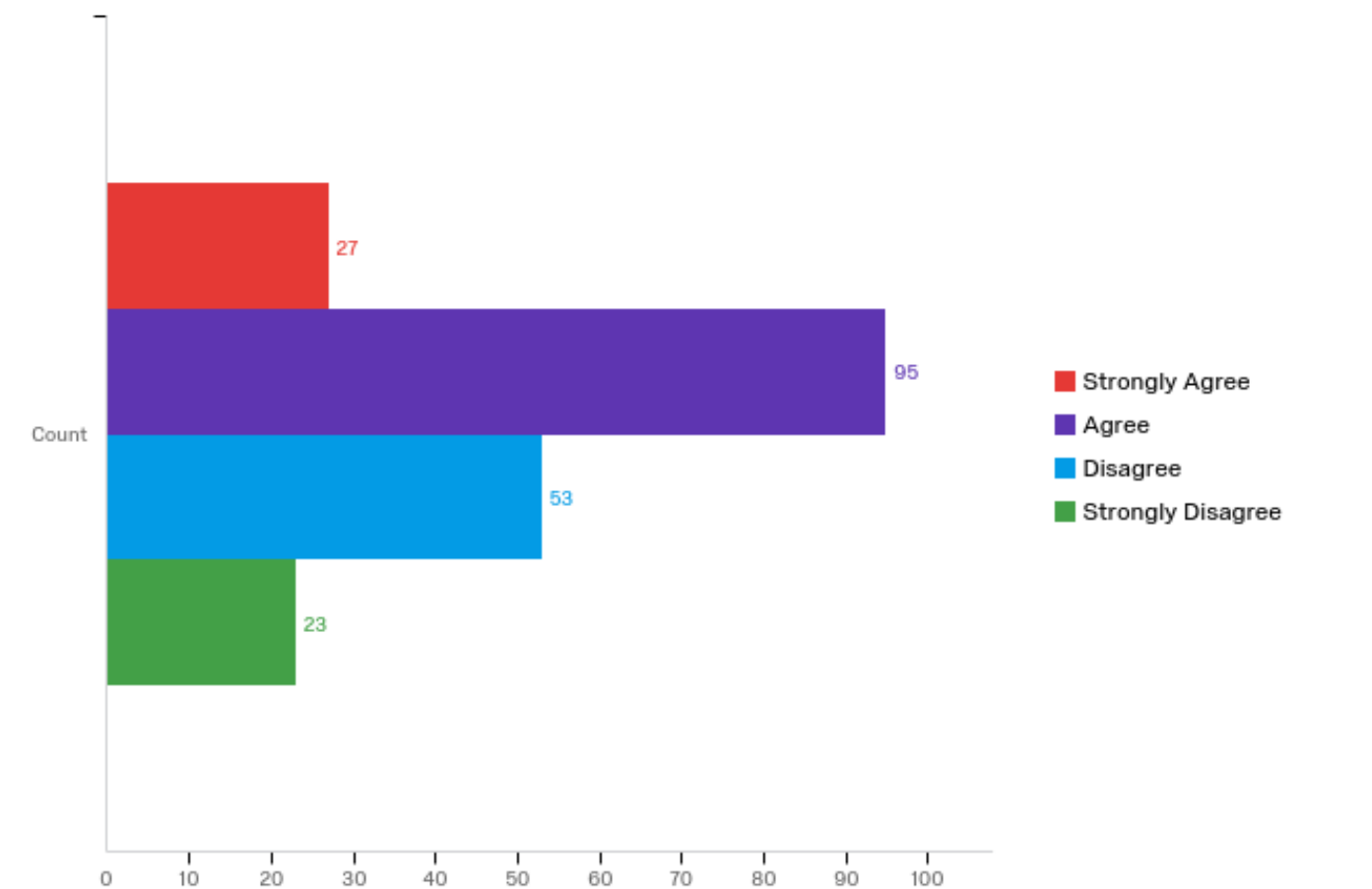
#	Answer	%	Count
1	Strongly Agree	11%	22
2	Agree	45%	90
3	Disagree	25%	49
4	Strongly Disagree	20%	39
	Total	100%	200

I found that our lodging and food allowance was appropriate when traveling.



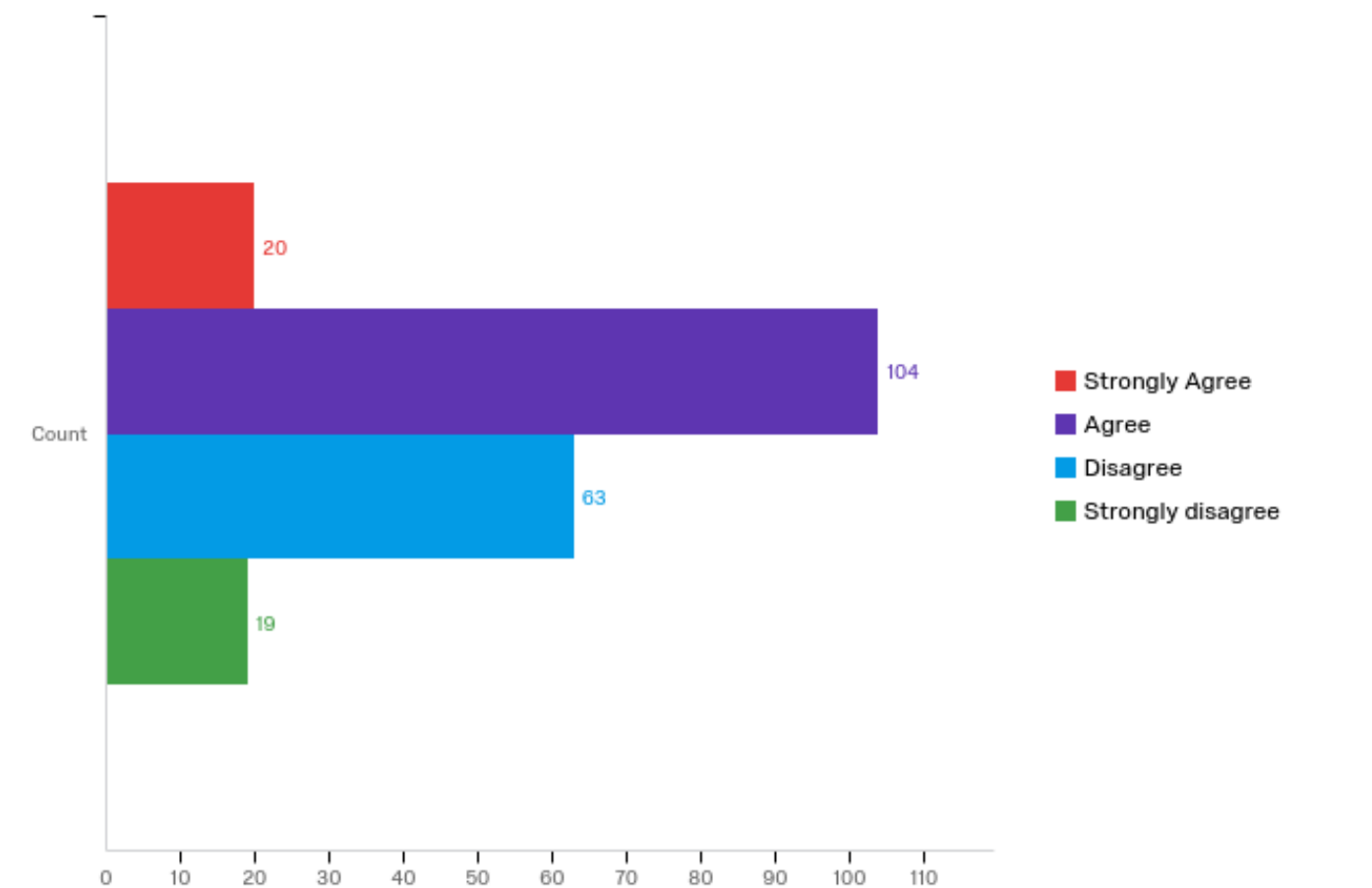
#	Answer	%	Count
1	Strongly Agree	46%	90
2	Agree	45%	89
3	Disagree	8%	16
4	Strongly Disagree	1%	2
	Total	100%	197

Access to our dining facilities fits my needs (i.e. hours of operation).



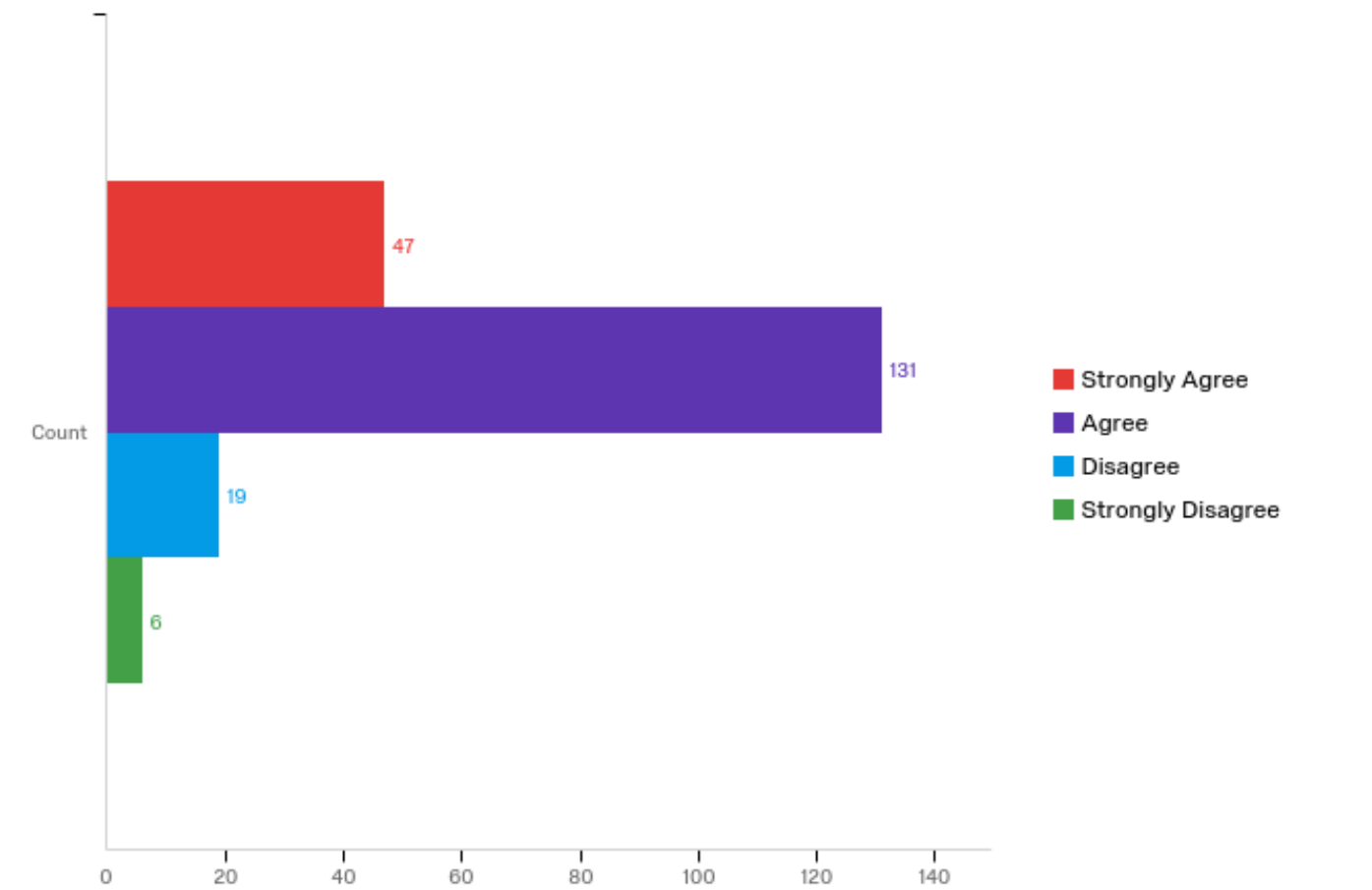
#	Answer	%	Count
1	Strongly Agree	14%	27
2	Agree	48%	95
3	Disagree	27%	53
4	Strongly Disagree	12%	23
	Total	100%	198

The dining facilities meet my nutritional needs.



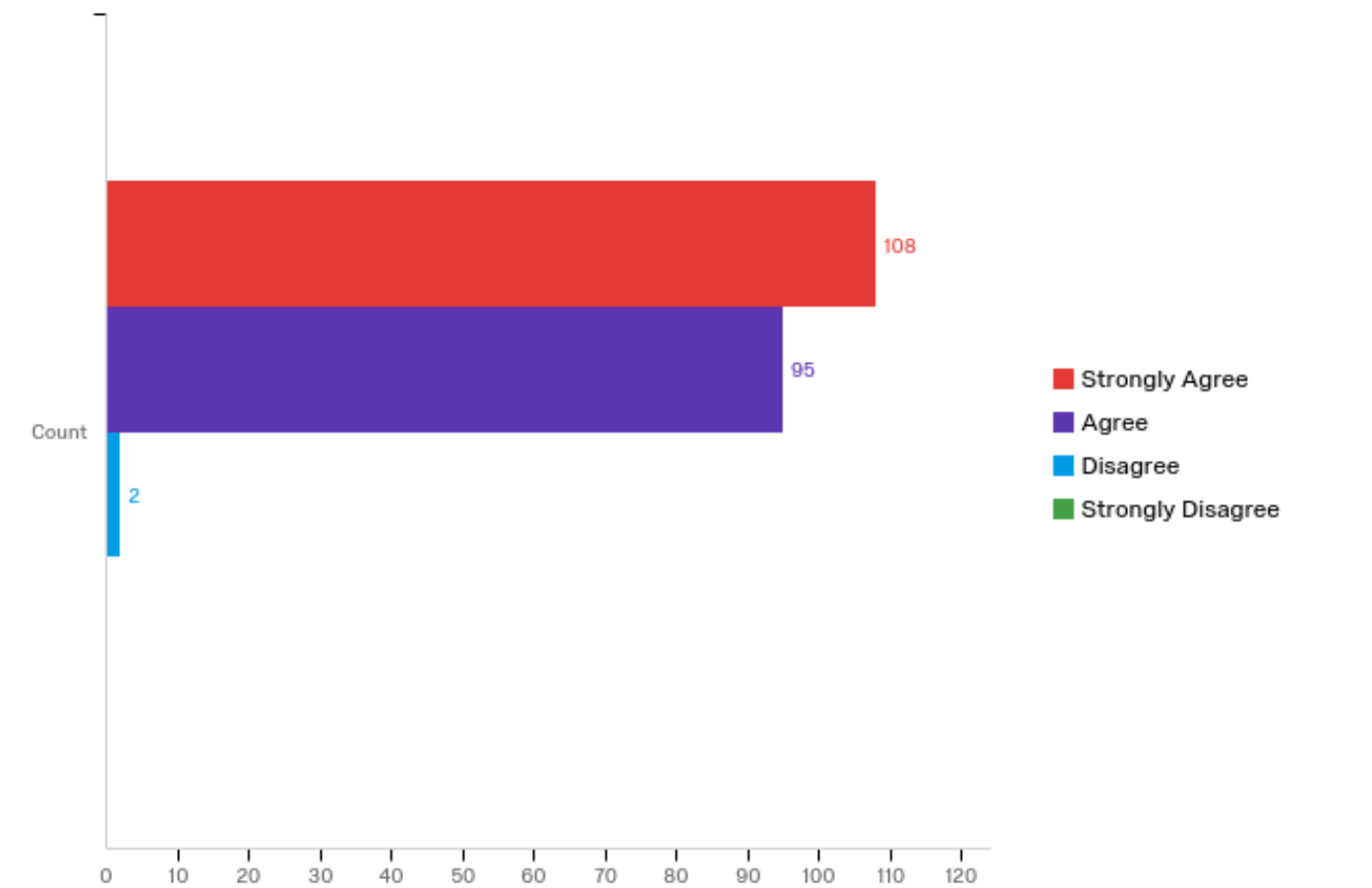
#	Answer	%	Count
1	Strongly Agree	10%	20
2	Agree	50%	104
6	Disagree	31%	63
7	Strongly disagree	9%	19
	Total	100%	206

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



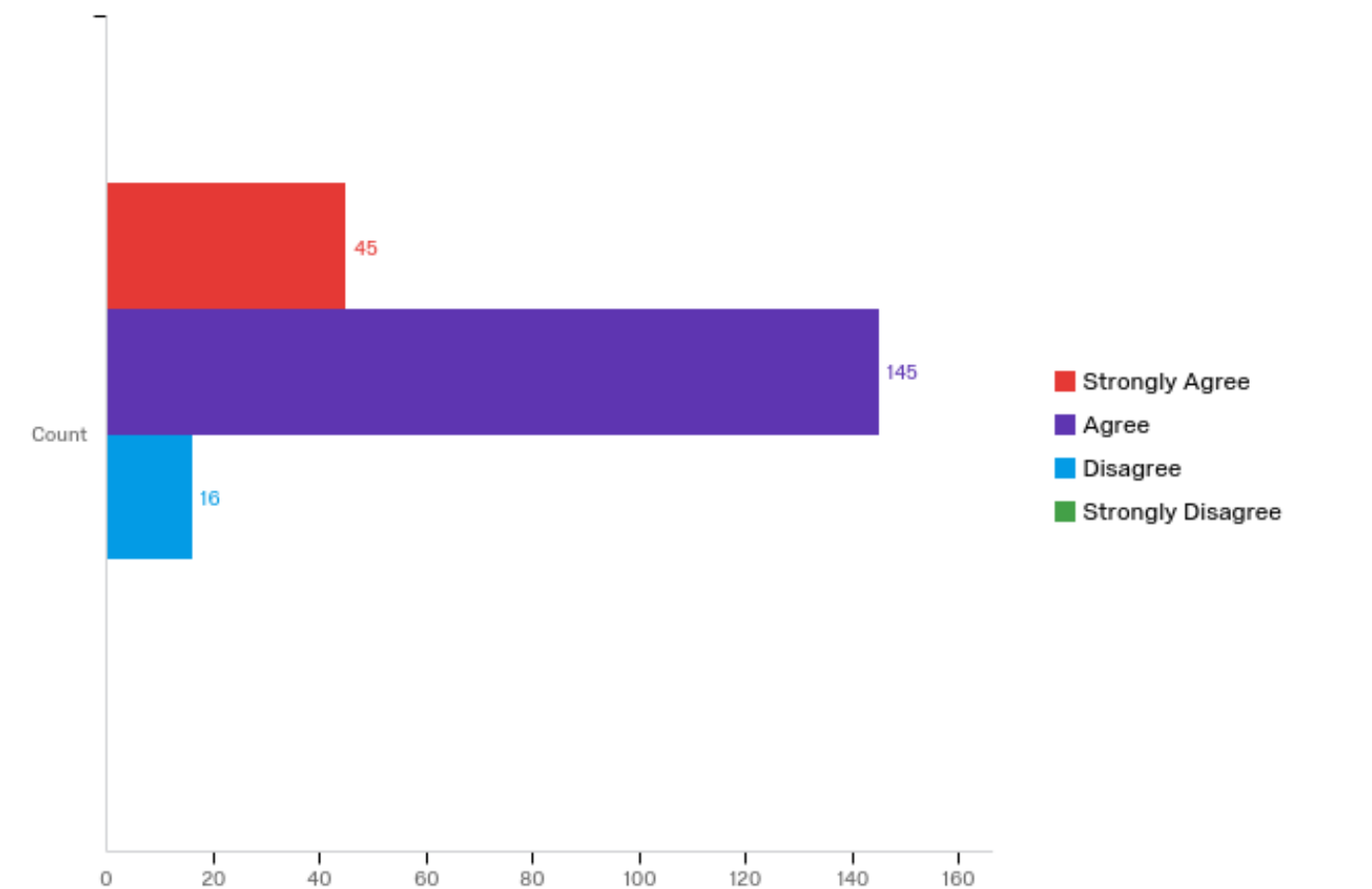
#	Answer	%	Count
1	Strongly Agree	23%	47
2	Agree	65%	131
3	Disagree	9%	19
4	Strongly Disagree	3%	6
	Total	100%	203

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



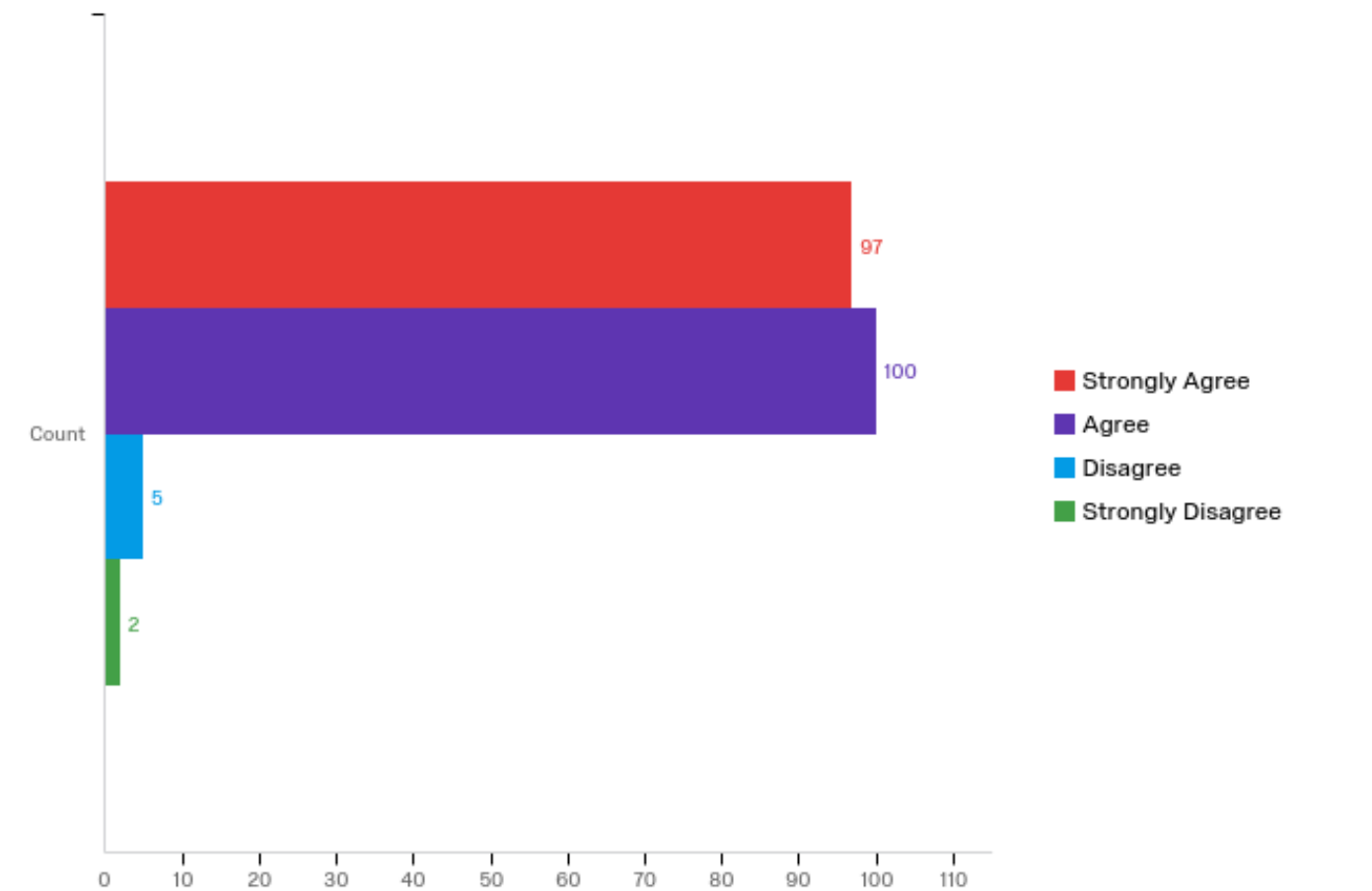
#	Answer	%	Count
1	Strongly Agree	53%	108
2	Agree	46%	95
3	Disagree	1%	2
4	Strongly Disagree	0%	0
	Total	100%	205

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



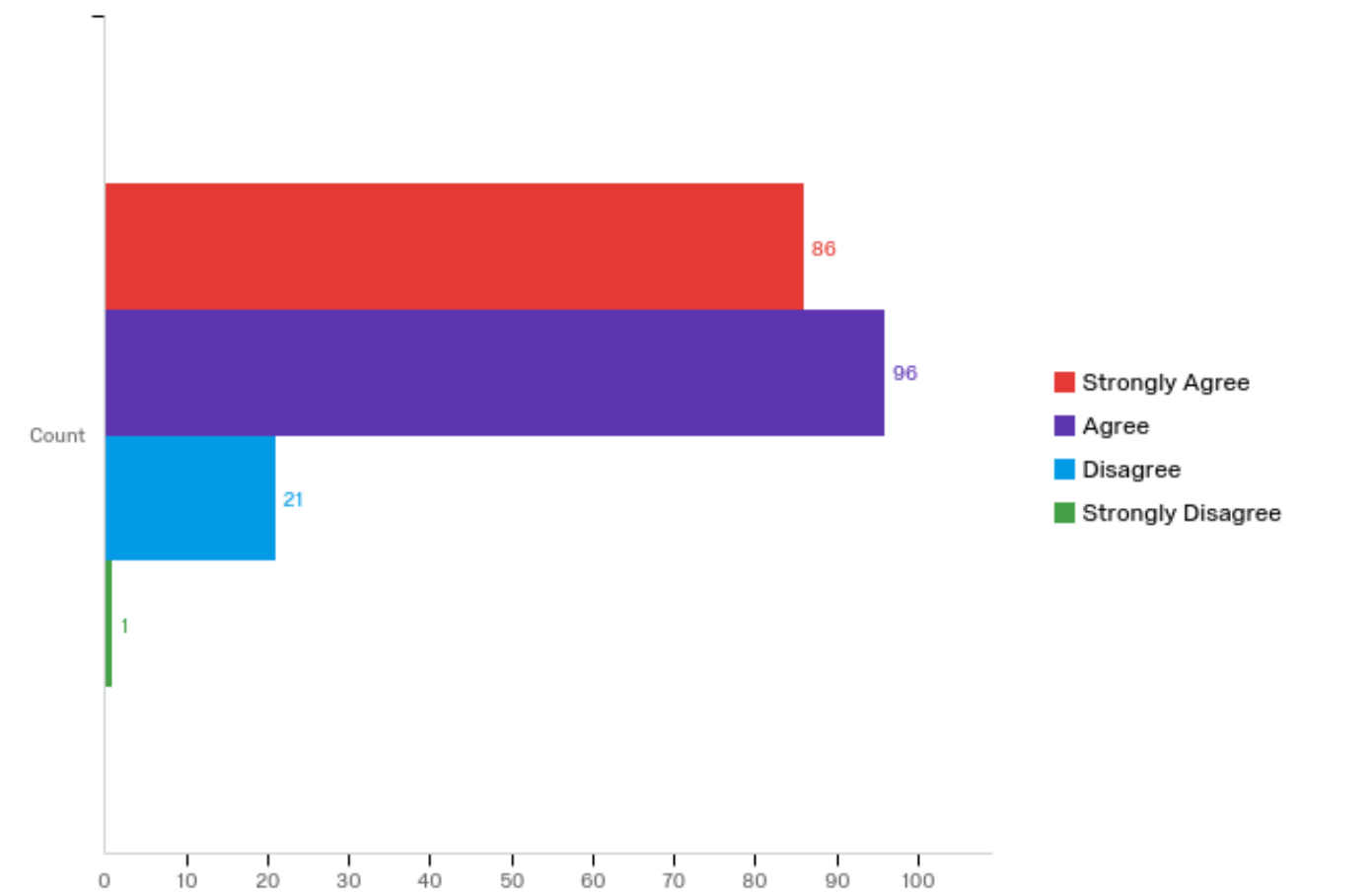
#	Answer	%	Count
1	Strongly Agree	22%	45
2	Agree	70%	145
3	Disagree	8%	16
4	Strongly Disagree	0%	0
	Total	100%	206

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



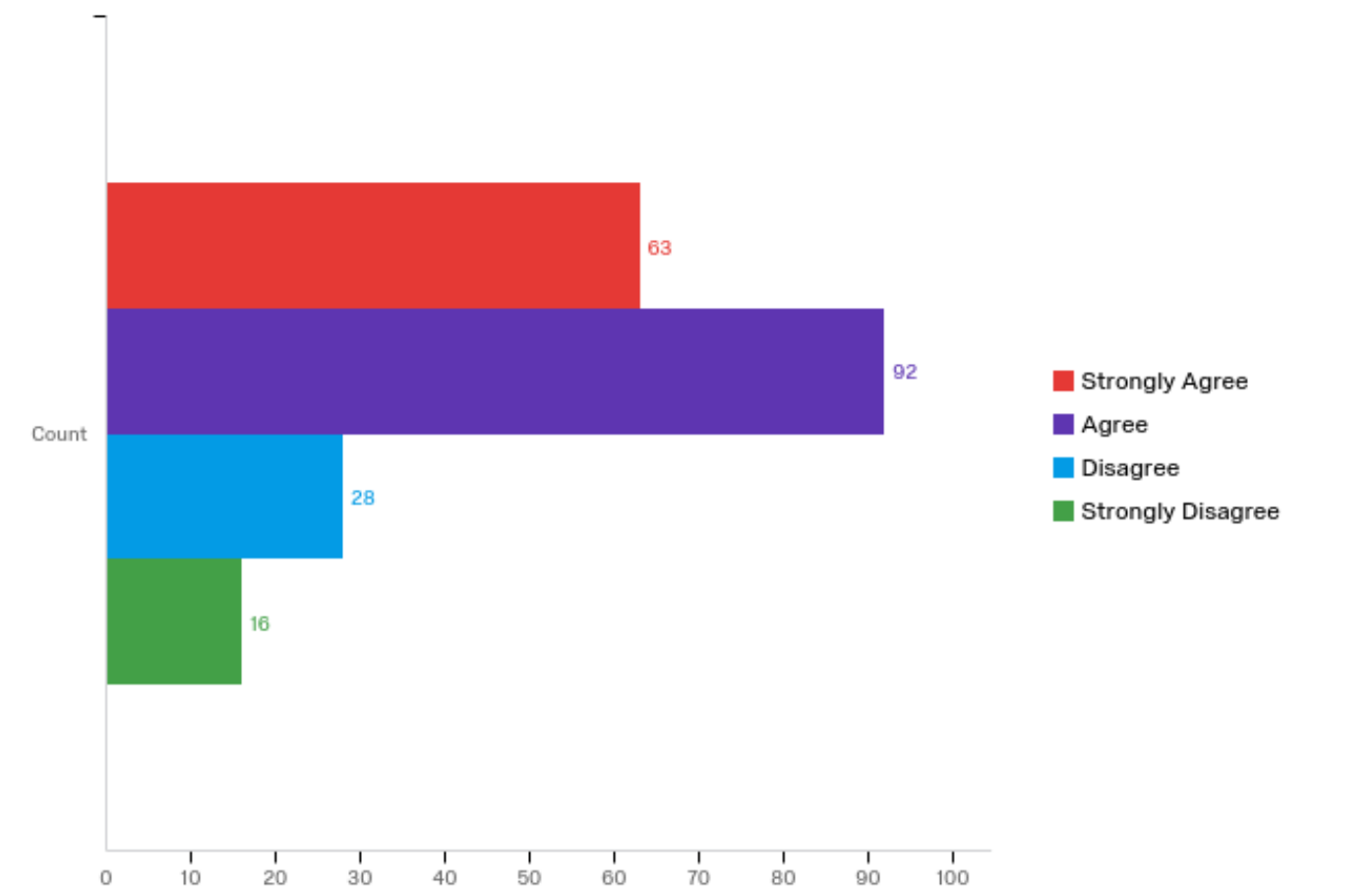
#	Answer	%	Count
1	Strongly Agree	48%	97
2	Agree	49%	100
3	Disagree	2%	5
4	Strongly Disagree	1%	2
	Total	100%	204

My coaches emphasized the importance of academics.



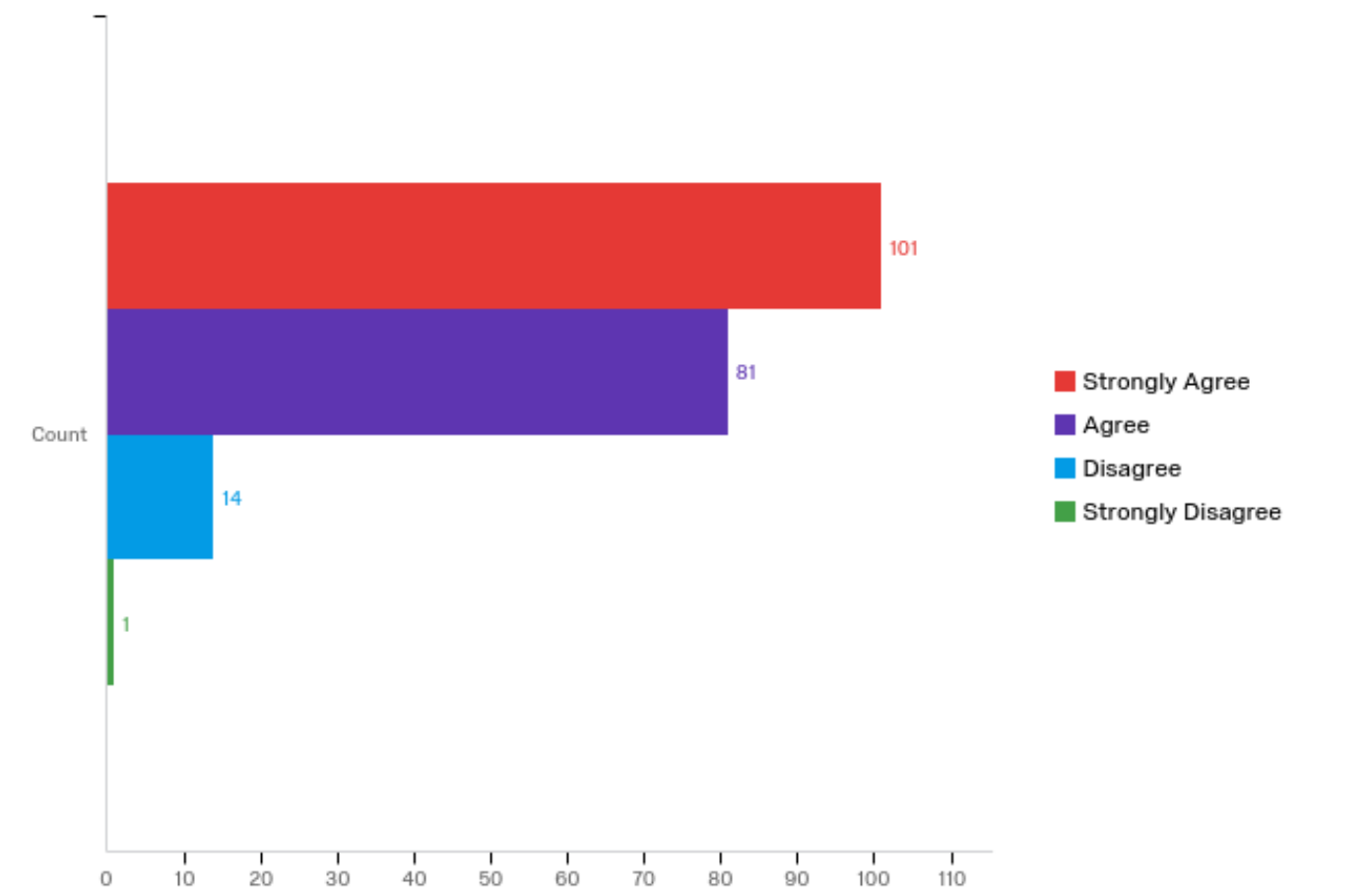
#	Answer	%	Count
1	Strongly Agree	42%	86
2	Agree	47%	96
3	Disagree	10%	21
4	Strongly Disagree	0%	1
	Total	100%	204

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



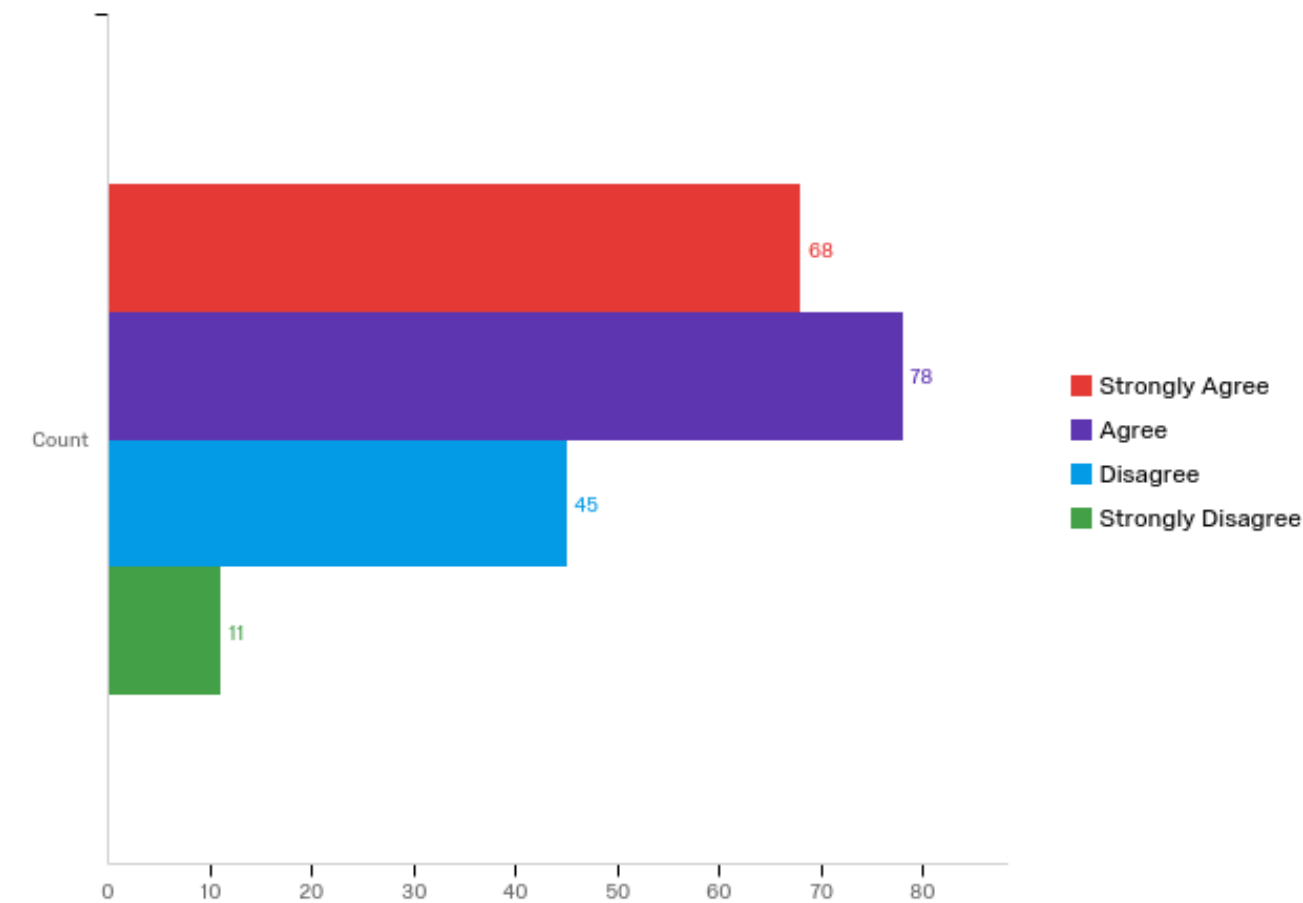
#	Answer	%	Count
1	Strongly Agree	32%	63
2	Agree	46%	92
3	Disagree	14%	28
4	Strongly Disagree	8%	16
	Total	100%	199

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



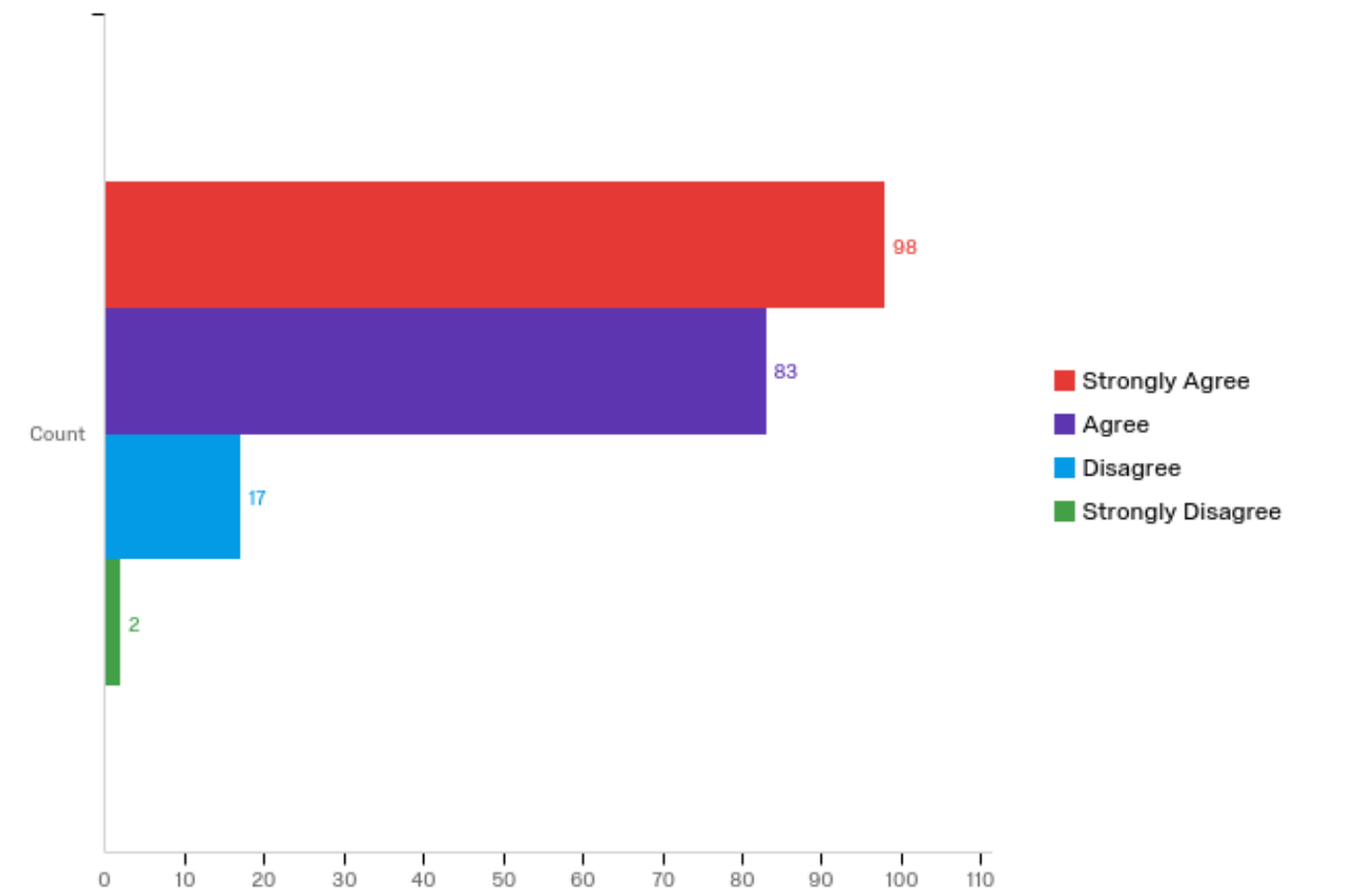
#	Answer	%	Count
1	Strongly Agree	51%	101
2	Agree	41%	81
3	Disagree	7%	14
4	Strongly Disagree	1%	1
	Total	100%	197

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.



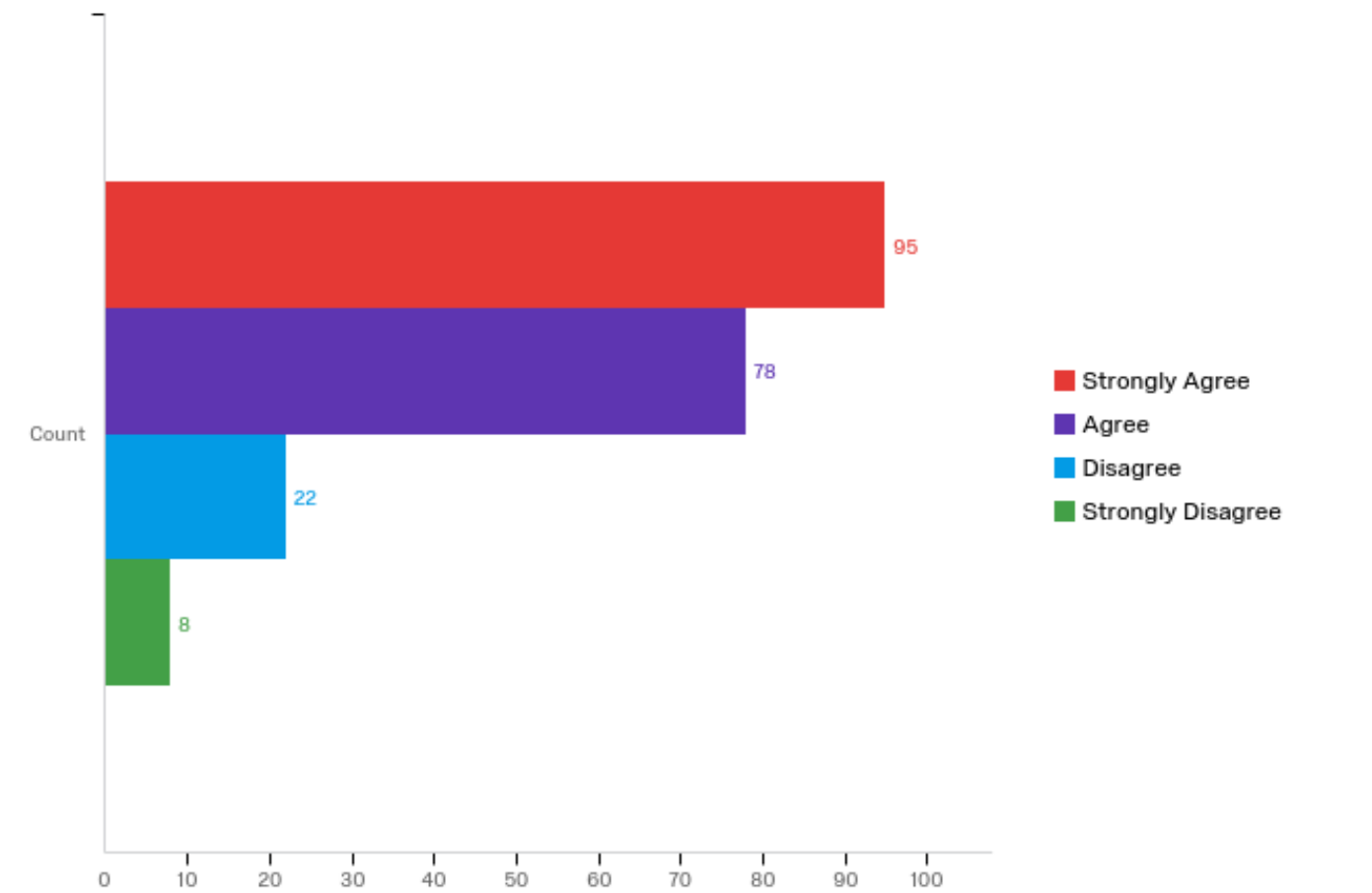
#	Answer	%	Count
1	Strongly Agree	34%	68
2	Agree	39%	78
3	Disagree	22%	45
4	Strongly Disagree	5%	11
	Total	100%	202

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.



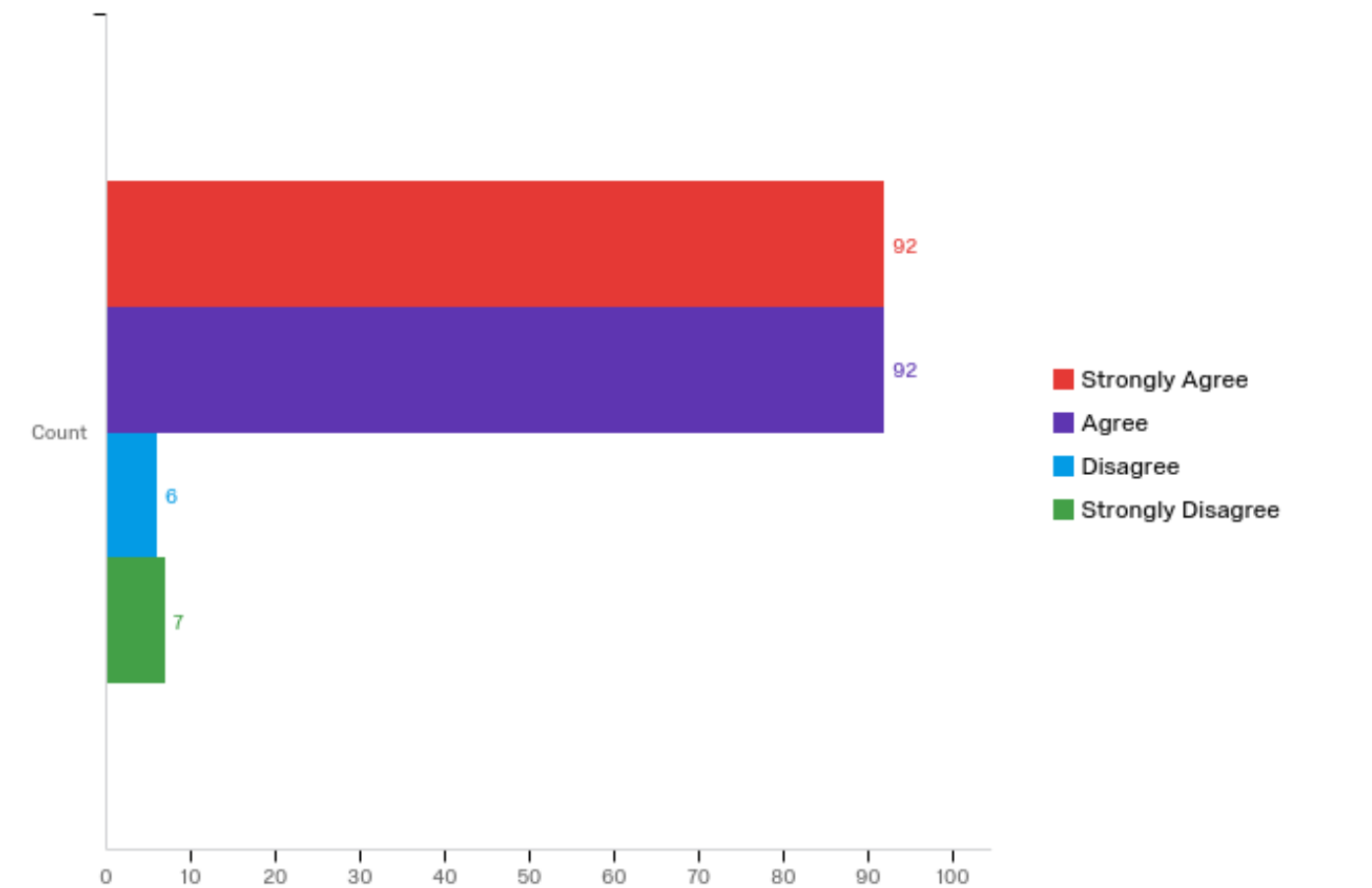
#	Answer	%	Count
1	Strongly Agree	49%	98
2	Agree	42%	83
3	Disagree	9%	17
4	Strongly Disagree	1%	2
	Total	100%	200

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



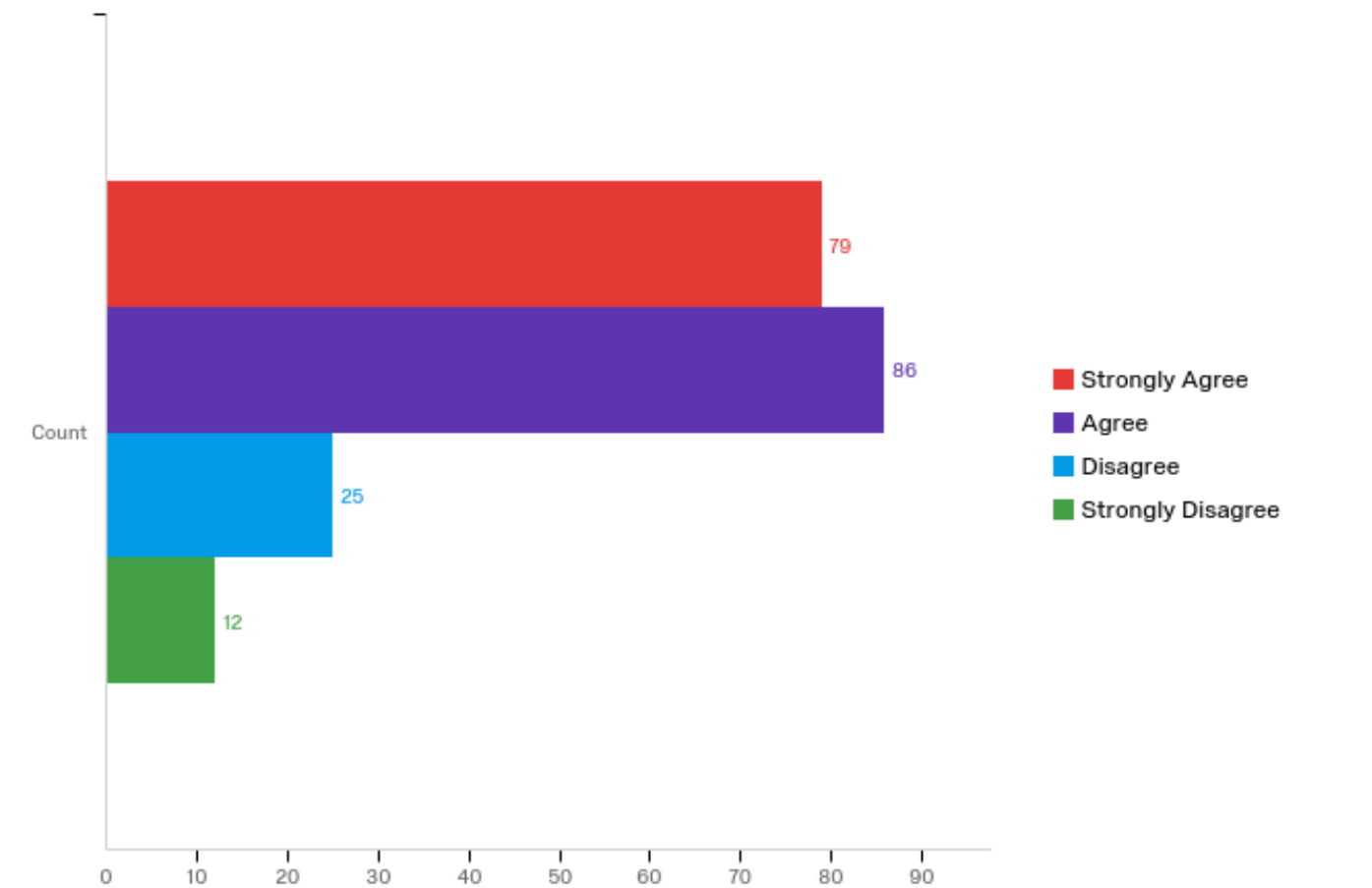
#	Answer	%	Count
1	Strongly Agree	47%	95
2	Agree	38%	78
3	Disagree	11%	22
4	Strongly Disagree	4%	8
	Total	100%	203

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.



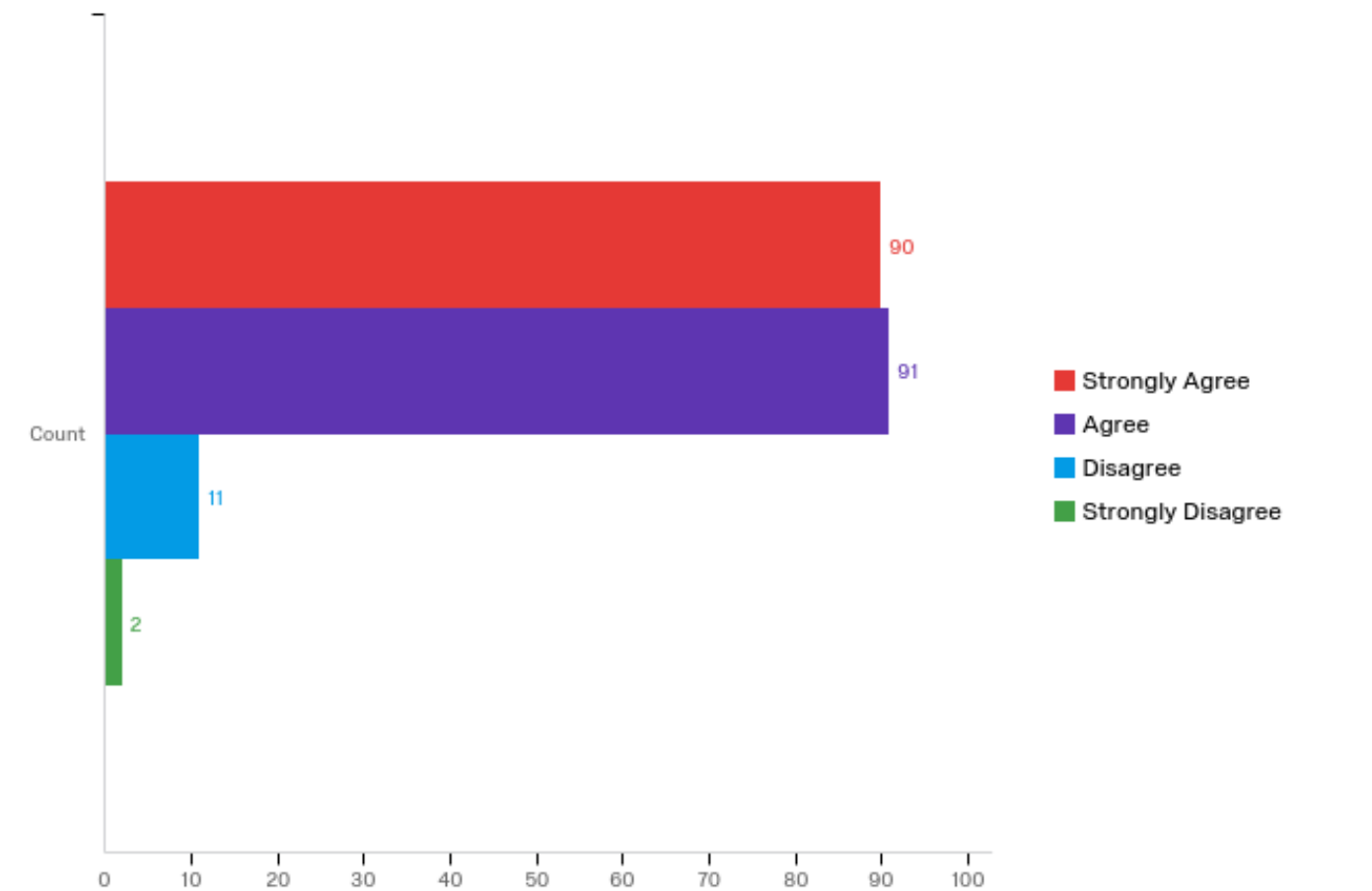
#	Answer	%	Count
1	Strongly Agree	47%	92
2	Agree	47%	92
3	Disagree	3%	6
4	Strongly Disagree	4%	7
	Total	100%	197

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



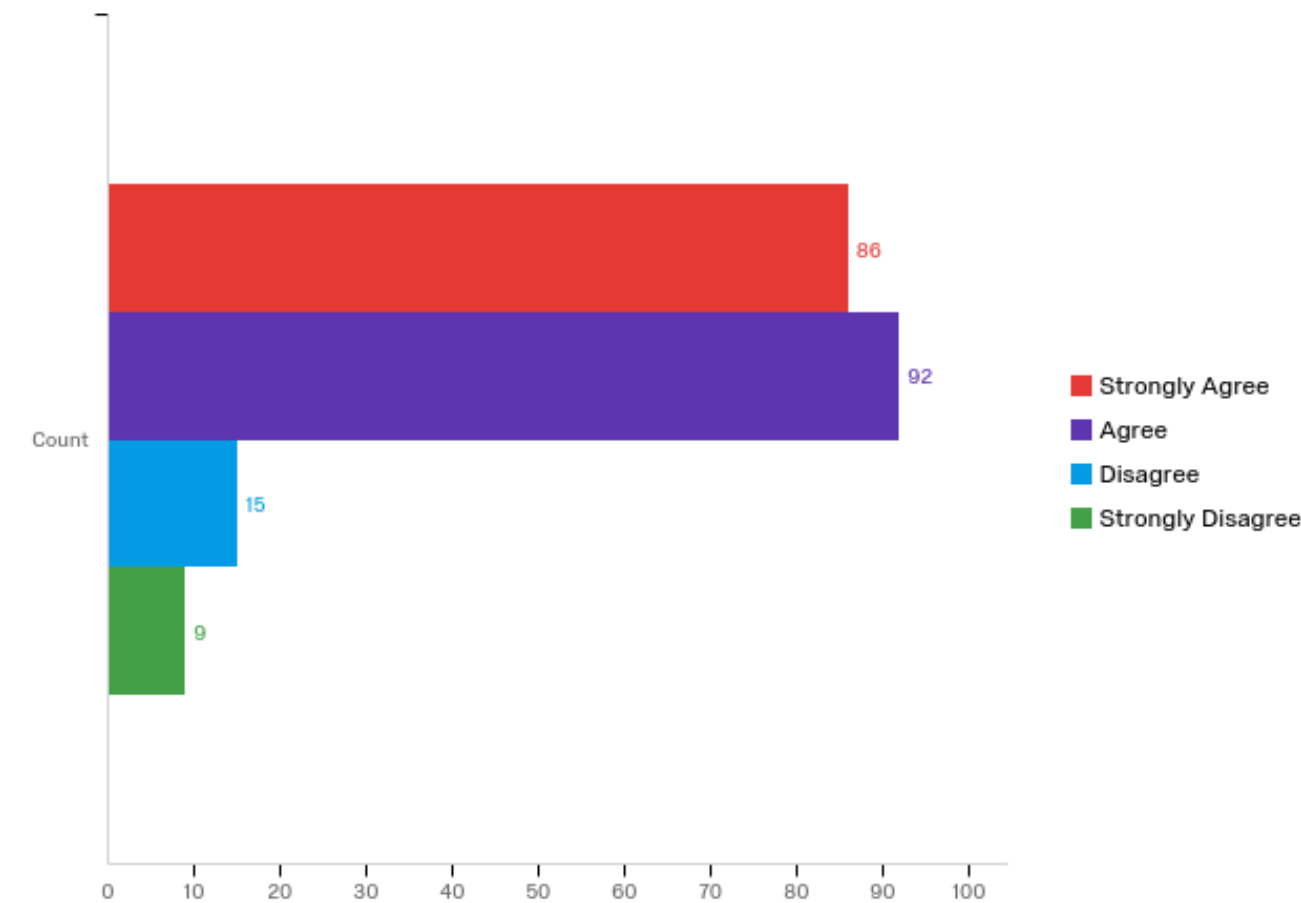
#	Answer	%	Count
1	Strongly Agree	39%	79
2	Agree	43%	86
3	Disagree	12%	25
4	Strongly Disagree	6%	12
	Total	100%	202

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



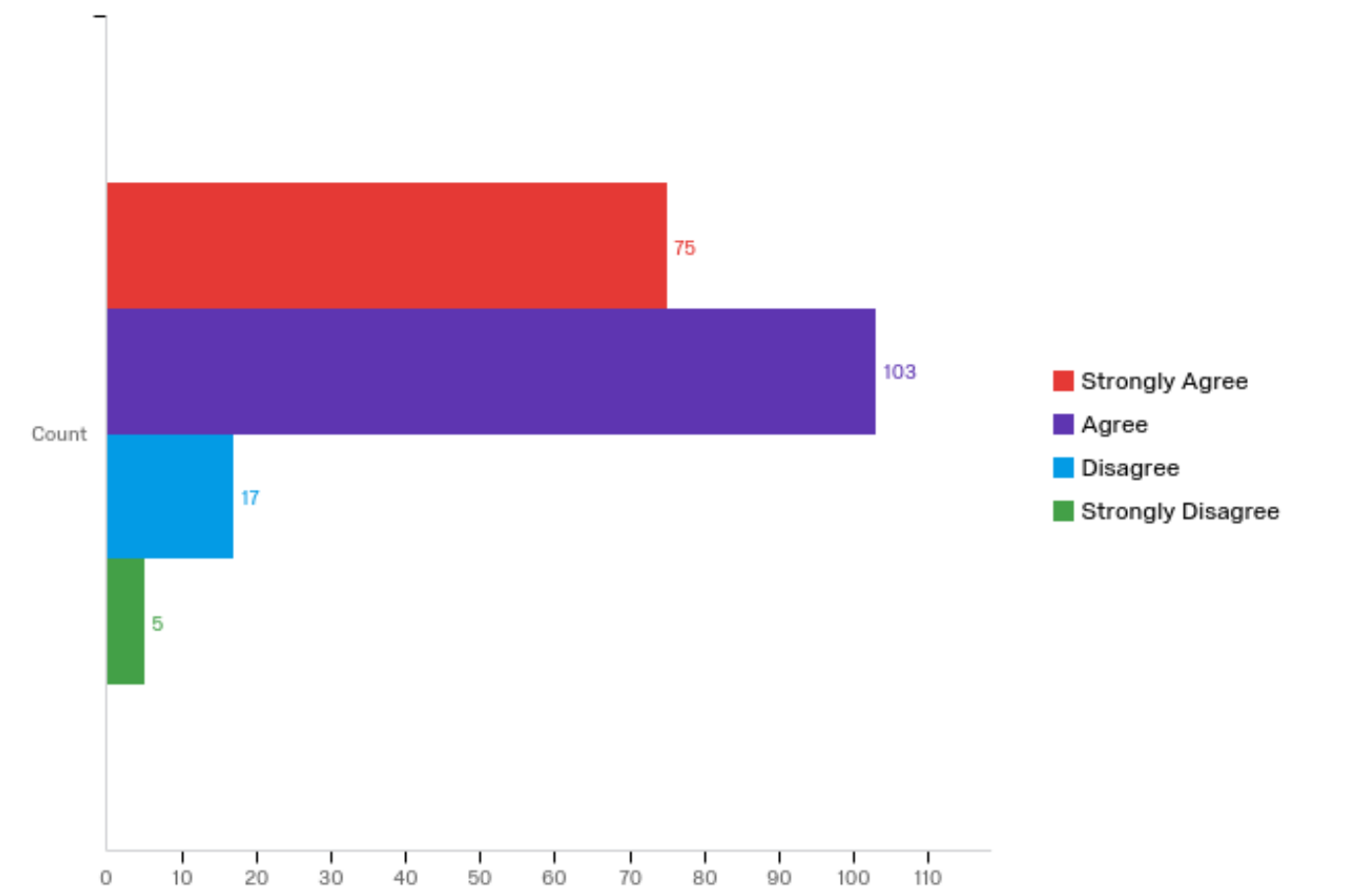
#	Answer	%	Count
1	Strongly Agree	46%	90
2	Agree	47%	91
3	Disagree	6%	11
4	Strongly Disagree	1%	2
	Total	100%	194

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



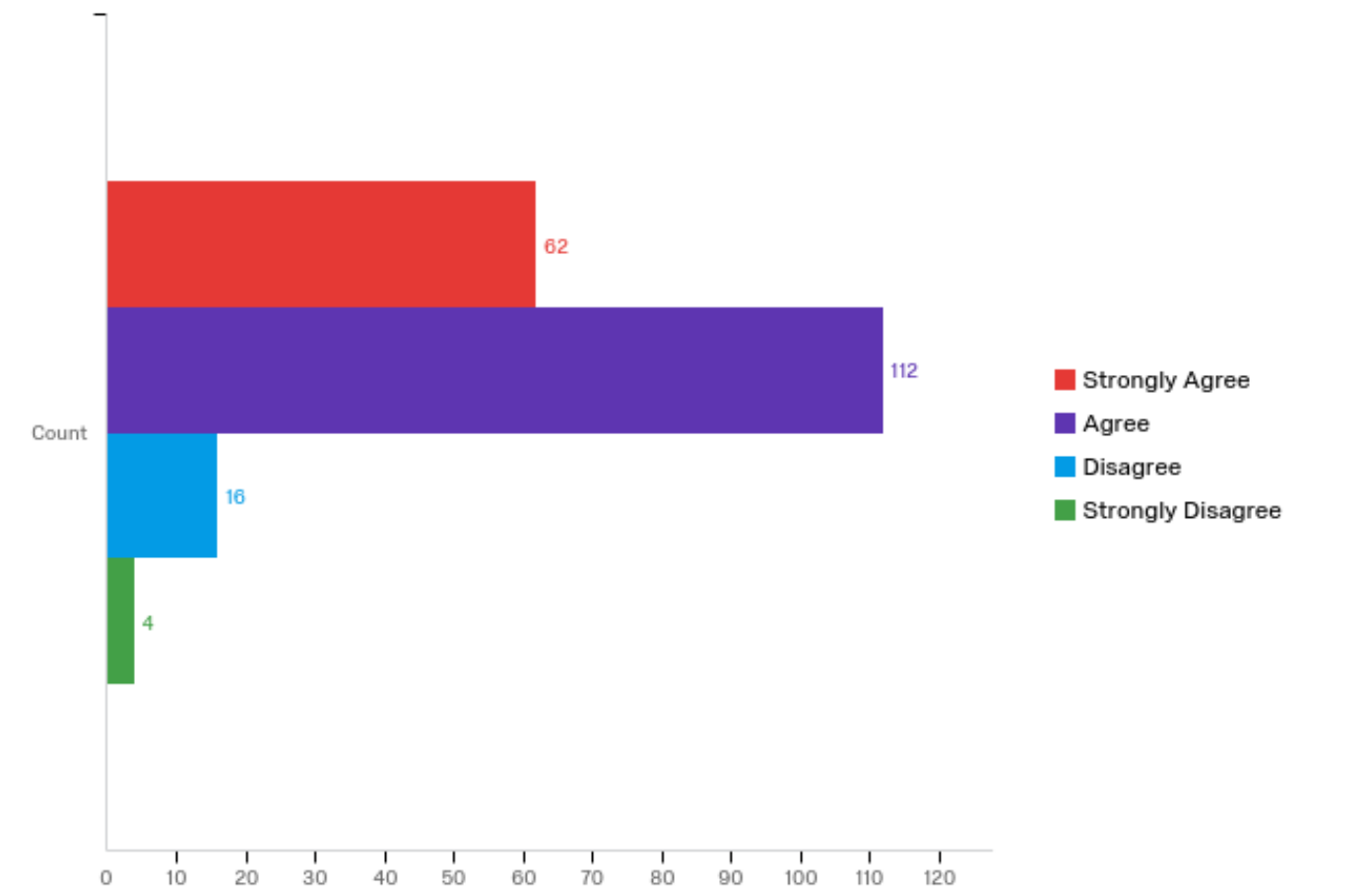
#	Answer	%	Count
1	Strongly Agree	43%	86
2	Agree	46%	92
3	Disagree	7%	15
4	Strongly Disagree	4%	9
	Total	100%	202

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



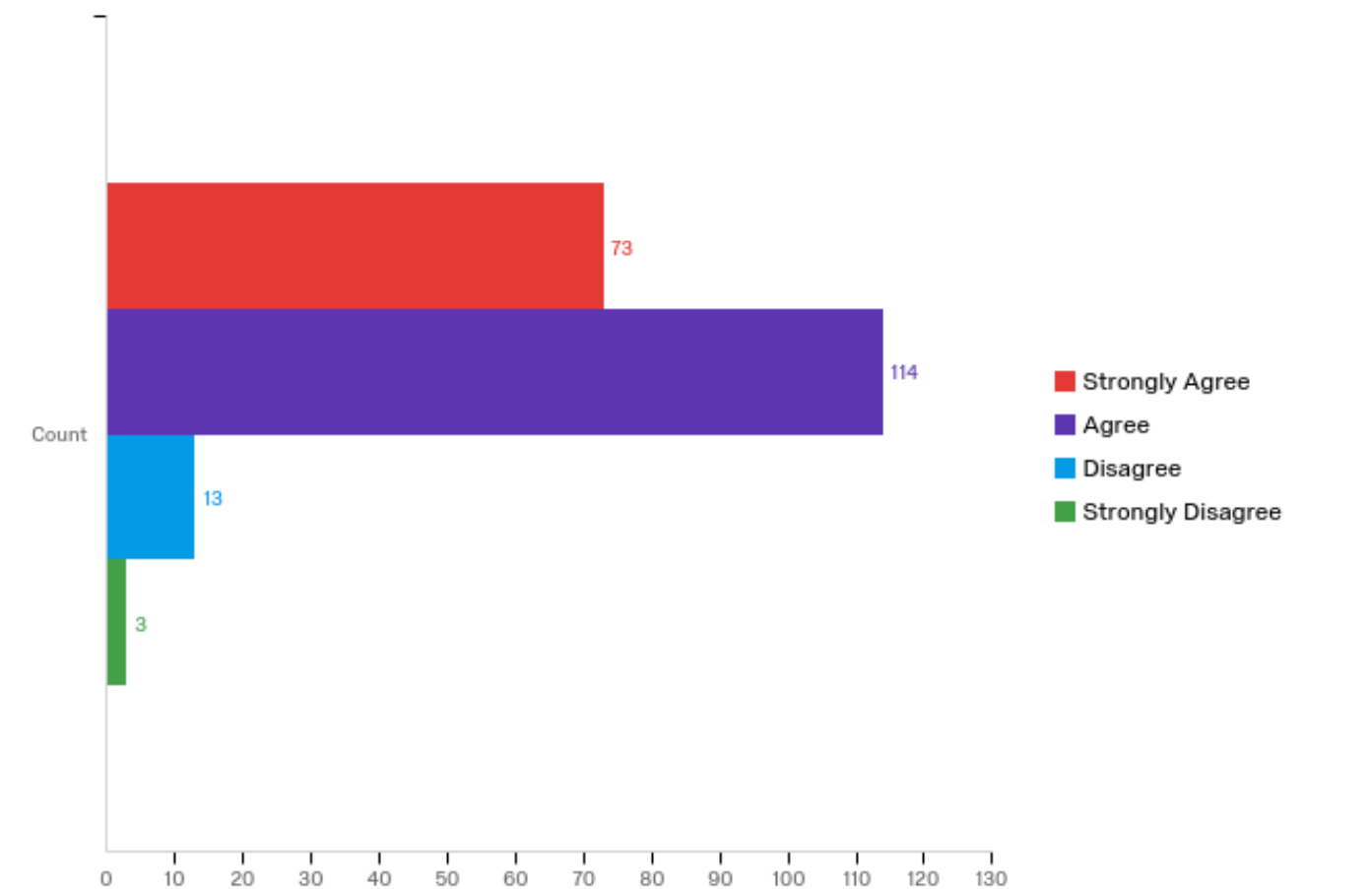
#	Answer	%	Count
1	Strongly Agree	38%	75
2	Agree	52%	103
3	Disagree	9%	17
4	Strongly Disagree	3%	5
	Total	100%	200

I believe the University cares about broader topics/including (gender issues, ethnic diversity & sexual orientation related issues).



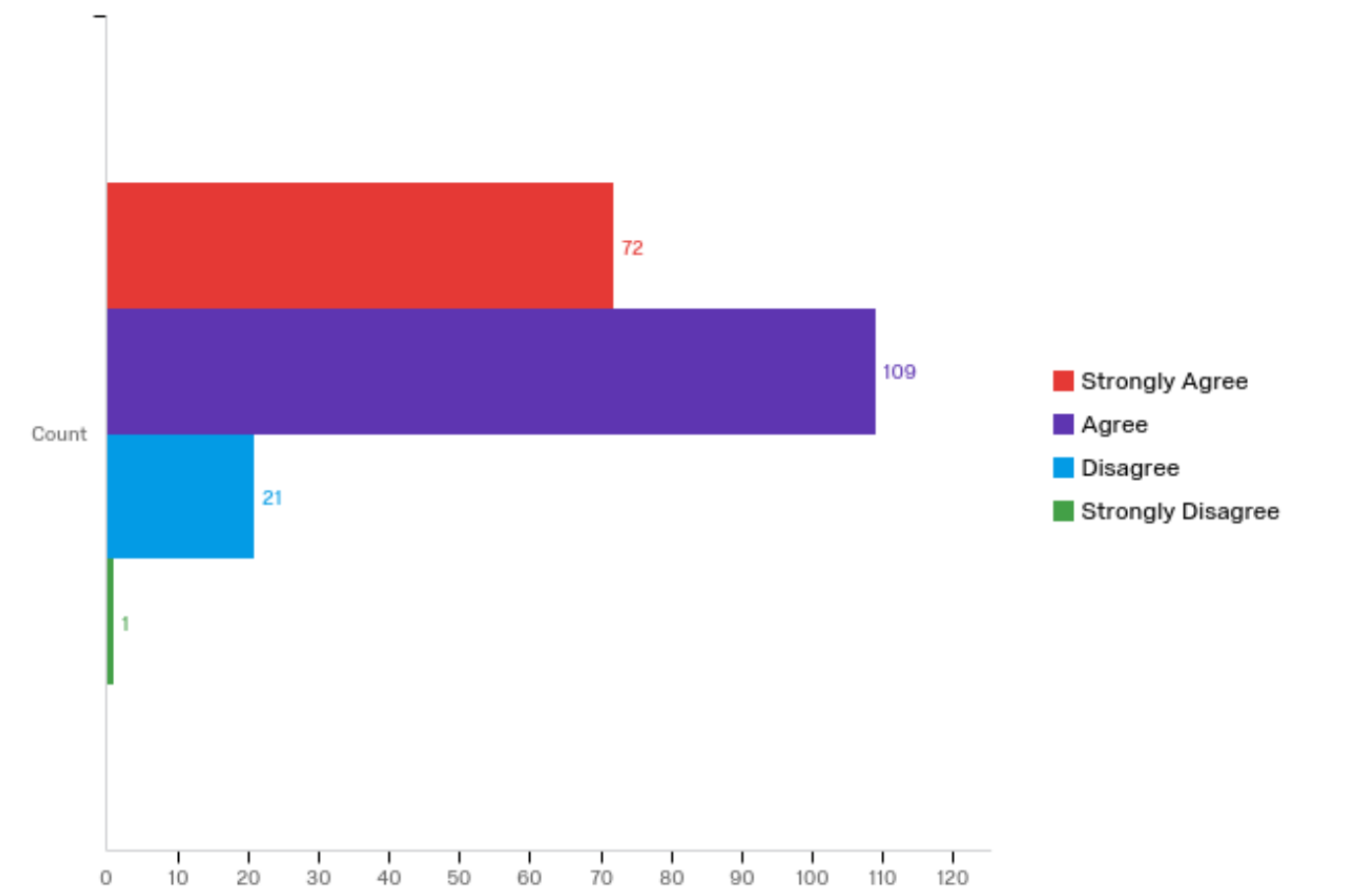
#	Answer	%	Count
1	Strongly Agree	32%	62
2	Agree	58%	112
3	Disagree	8%	16
4	Strongly Disagree	2%	4
	Total	100%	194

I believe the University cares about my emotional and mental well-being.



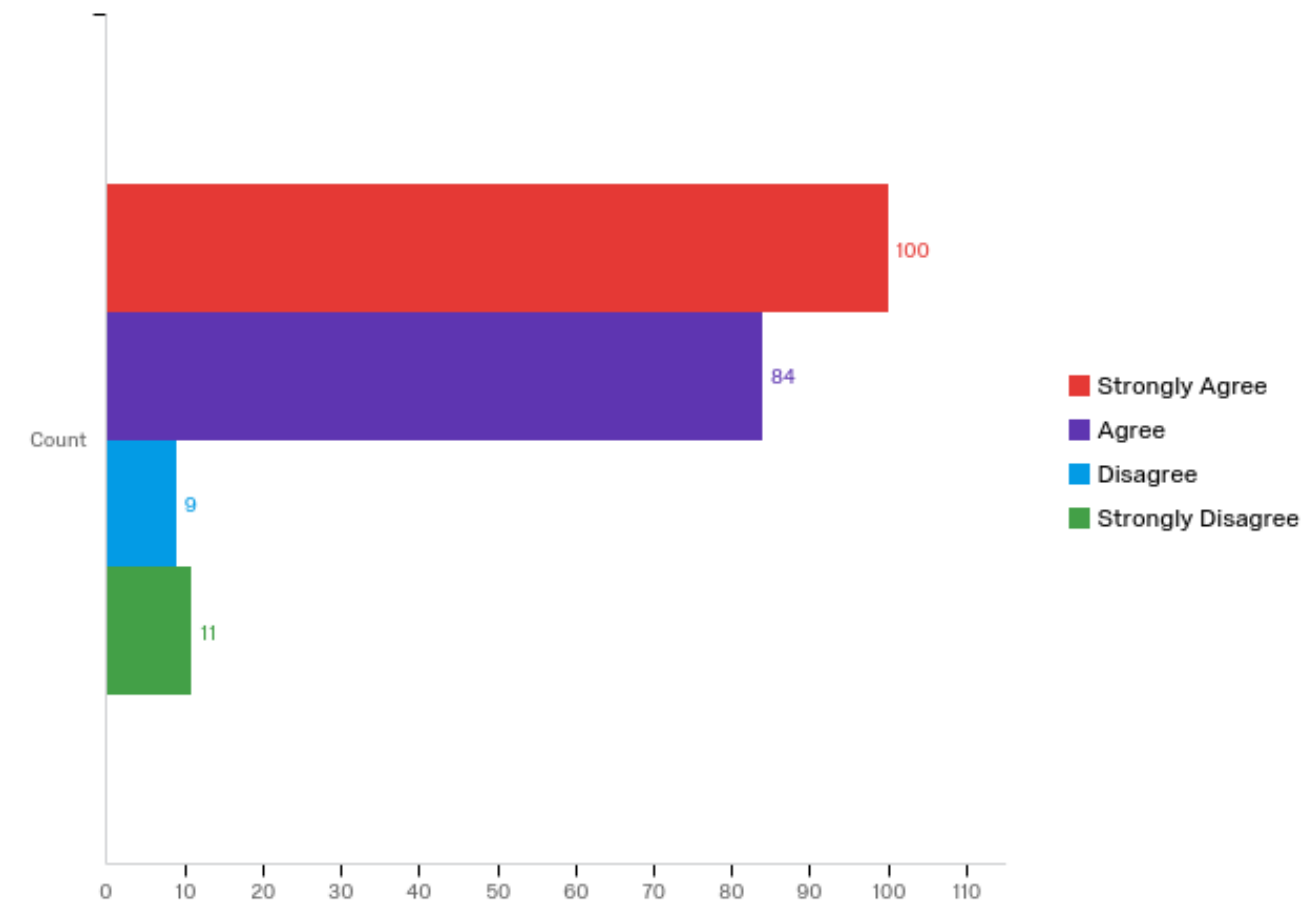
#	Answer	%	Count
1	Strongly Agree	36%	73
2	Agree	56%	114
3	Disagree	6%	13
4	Strongly Disagree	1%	3
	Total	100%	203

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



#	Answer	%	Count
1	Strongly Agree	35%	72
2	Agree	54%	109
3	Disagree	10%	21
4	Strongly Disagree	0%	1
	Total	100%	203

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	49%	100
2	Agree	41%	84
3	Disagree	4%	9
4	Strongly Disagree	5%	11
	Total	100%	204

Appendix E



Missed Class Report

PLNU Athletics

2018 Fall - Missed Class Report

Sport	Total Days Missed Fall 2018	Total Days Missed Fall 2017
Volleyball	9 full days, 2 half days, 3 quarter days	8 full days, 1 half day, 6 quarter days
Women's Soccer	8 full days, 2 half days, 6 quarter days%	4 full days, 4 half days, 2 quarter days
Men's Soccer	8 full days, 4 half days, 3 quarter days	7 full days, 5 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	6 full days
Cross Country	9 full days, 2 half days#	6 full days, 1 quarter day**
Women's Basketball	2 full days, 2 half days, 2 quarter days	1 full day, 2 quarter days
Men's Basketball	2 full days, 1 half day, 3 quarter days	3 full 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 2018 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 10:30 am.

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

% Women's Soccer missed 1 full day and 1 quarter day due to postseason participation in the NCAA Regionals

Cross Country missed 7 full days due to postseason participation in the NCAA Regional and Championship events

* Men's Soccer missed 2 full days due to postseason participation in the NCAA Regionals

** Cross Country missed 4 full days and 1 quarter day due to postseason participation in the NCAA Regional and Championship events

PLNU Athletics

2019 Spring - Missed Class Report

<u>Sport</u>	<u>Total Days Missed Spring 2019</u>	<u>Total Days Missed Spring 2018</u>
Women's Tennis	10 full days**, 4 half days, 3 quarter days	8 full days*, 6 half days
Men's Tennis	7 full days**, 6 half days, 1 quarter day	7 full days%, 10 half days
Women's Golf	12 full days ^^	10 full days^^
Track & Field	3 full days	4 full days§
Women's Basketball	7 full days, 4 quarter days	6 full days#, 2 half days, 5 quarter days
Men's Basketball	15 full days Ψ, 1 half day, 6 quarter days	8 full days⌘, 2 quarter days
Baseball	13 full days, 2 half days	6 full days, 10 half days

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 2019 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.

** Women's & Men's Tennis each missed 4 full days due to postseason participation in the PacWest Conference Tournament

Ψ Men's Basketball missed 8 full days due to postseason participation in NCAA Regionals & NCAA Elite Eight

*Women's Tennis missed 3 full days due to postseason participation in the PacWest Conference Tournament

% Men's Tennis missed 5 full days due to postseason participation in the PacWest Conference Tournament and NCAA Regional Championship

^^ Women's Golf missed 3 full days due to postseason participation in PacWest Conference Tournament

Women's Basketball missed 2 full days due to postseason participation in PacWest Conference Tournament

⌘ Men's Basketball missed 2 full days due to postseason participation in PacWest Conference Tournament

§ Track & Field missed 2 full days due to postseason participation in the PacWest Conference Tournament/Meet.

Appendix F



Annual Year-End Review



2018-19 PLNU Team Standings and Awards

NCAA National Runner-Up: Men's Basketball

NCAA West Region Champions: Men's Basketball

NCAA Regional Qualifiers: Women's Soccer, Cross Country,
Men's Basketball, Baseball

NABC Division II National Player of the Year: Daulton Hommes (men's basketball)

NABC West Region Player of the Year: Daulton Hommes (men's basketball)

PacWest Players of the Year: Julia Glaser (women's soccer), Daulton Hommes (men's basketball), Freda Kallenberg (women's track & field)

PacWest Defensive Player of the Year: Keagan Bolibol (women's soccer),
Grace Brady (women's basketball)

PacWest Goalkeeper of the Year: Emma Hinson (women's soccer)

PacWest Pitcher the Year: Zack Noll (baseball)

PacWest Newcomer of the Year: Daulton Hommes (men's basketball)

PacWest Setter of the Year: Cara Keturakis (volleyball)

PacWest Freshman of the Year: Rachael Schlect (volleyball)

All-PacWest Selections: 63

PacWest All-Academic Selections: 154

All-Americans: 5

PLNU finishes second in PacWest Commissioner's Cup



IRVINE, Calif. - The Point Loma Athletic Department finished second in the 2018-19 Commissioner's Cup standings with 125 points across its 11 intercollegiate sports. The second-place finish and its 11.364 average per sport are both school records.

"I am deeply proud of the efforts of our student-athletes, coaches, and staff to create such a tremendous year," said Point Loma Athletic Director Ethan Hamilton. "We have shown incredible consistency, and we continue making our mark as one of the top athletic programs in the PacWest Conference and the NCAA Division II West Region."

The Sea Lions benefitted from having three teams win conference titles, their most ever for an academic year. Cross Country won one of the most dramatic cross country races in the history of the PacWest Championships, beating Azusa Pacific with a 3-2 head-to-head tiebreaker after both teams finished with 38 points. In women's soccer, Point Loma put together one of the most dominant seasons the PacWest has ever seen with a 17-match unbeaten streak, including going unbeaten during conference play. The men's basketball team won the school's first regular-season conference title since 1985-86 and rode that momentum to the NCAA Division II Championship game. All three teams earned the Sea Lions 15 points each in the commissioner's cup standings.

The track & field team collected their best-ever finish at the PacWest Championships, taking second place, to earn the Sea Lions 13 points. PLNU also received a third-place finishes women's golf and baseball, in addition to fourth-place finishes by women's basketball and men's soccer, to secured Point Loma second place in the final PacWest Commissioner's Cup Standings.

The finish is the Sea Lions' highest in their seven years in the PacWest. PLNU finished ninth in its initial season in the PacWest (2012-13) before climbing to second this year.

Azusa Pacific won the commissioner's cup with 168.5 points and a conference record 12.962 points per sport. This is the first PacWest Commissioner's Cup for the Cougars. Concordia placed third with an average of 9.808 points per sport.

2018-19 POINT LOMA ATHLETICS SUMMARY

WOMEN'S SOCCER (16-2-1)

PacWest Conference: 10-0-1

Home: 6-1-1 **Road:** 9-1-0 **Neutral:** 1-0-0

Postseason: NCAA West Regional (No. 4 seed. Defeated Chico State 2-1. Lost to UCSD 3-2)

D2CCA All-American: Keagan Bolibol

United Soccer Coaches All-West Region: Julia Glaser (first team), Keagan Bolibol (second team), Bella Diaz (second team), Madelon Denbaugh (third team), Emma Hinson (third team)

D2CCA All-West Region: Julia Glaser (first team), Keagan Bolibol (first team), Emma Hinson (first team), Bella Diaz (second team), Abbi Swanson (second team), Madelon Denbaugh (second team)

PacWest Player of the Year: Julia Glaser

PacWest Defender of the Year: Keagan Bolibol

PacWest Goalkeeper of the Year: Emma Hinson

PacWest Newcomer of the Year: Julia Glaser

PacWest Freshman of the Year: Emma Hinson

PacWest Coach of the Year: Kristi Kiely

PacWest All-Conference: Julia Glaser (first team), Emma Hinson (first team), Keagan Bolibol (first team), Madelon Denbaugh (first team), Abbey Teagle (first team), Bella Diaz (first team), Abbi Swanson (second team), Lauren O'Malley (second team)

PacWest Player of the Week: Julia Glaser (Sept. 24)

PacWest Defender of the Week: Emma Hinson (Sept. 10), Emma Hinson (Oct. 22)

PacWest Freshman of the Week: Emma Hinson (Oct. 1), Emma Hinson (Oct. 15)

SDHOC Star of the Month: Julia Glaser (Sept)

United Soccer Coaches Scholar All-America team: Madelon Denbaugh, Keagan Bolibol

PacWest All-Academic Team: *Announced in late June*

Records set: Julia Glaser (Game-winning goals in a season; 10), Team (Longest winning streak; 17)

Team MVP: Julia Glaser

Team Sportsmanship: Madelon Denbaugh

PacWest Stat Leaders: Bella Diaz (Assists per game; 0.47), Julia Glaser (Game-winning goals; 10), Julia Glaser (Goals per game; 0.74), Julia Glaser (Points per game; 1.63), Julia Glaser (Goals; 14), Julia Glaser (Points; 31), Emma Hinson (Goalie minutes; 1737:56), Emma Hinson (Goals against average; 0.414), Emma Hinson (Save percentage; 0.864), Emma Hinson (Team Shutouts; 13), Team (Assists per game; 1.63), Team (Goals against average; 0.41), Team (Save percentage; 0.869), Team (Shutout percentage; 0.737), Team (Assists; 31), Team (Points; 95)

National Stat Leaders (top 30): Julia Glaser (Game-winning goals; 10)

Kristi Kiely's Career Coaching Record: 81-28-1 (first season at PLNU; sixth season overall)

MEN'S SOCCER (10-6-2)

PacWest Conference: 6-3-2 (fourth place)

Home: 5-5-1 **Road:** 5-1-1 **Neutral:** 0-0-0

Highest National Ranking: T-23rd (United Soccer Coaches - preseason poll)

Highest Regional Ranking: Sixth (Sept. 5)

D2CCA All-West Region: Tim Siegfried (second team)

PacWest All-Conference: Tim Siegfried (first team), Wiktor Lasota (second team), Jacob Eisenberg (second team)

PacWest Player of the Week: Paul Sweet (Sept. 4), Tim Siegfried (Oct. 22)

PacWest Defender of the Week: Wiktor Lasota (Oct. 1)

Google Cloud CoSIDA Academic All-America team: Wiktor Lasota

Google Cloud CoSIDA Academic All-District team: Wiktor Lasota

PacWest All-Academic Team: *Announced in late June*

Team MVP: Tim Siegfried

Team Sportsmanship: Wiktor Lasota

PacWest Stat Leaders: Wiktor Lasota (Shutouts; 5)

National Stat Leaders (top 30): Tim Siegfried (12th - goals per game; 0.94), Tim Siegfried (15th - points per game; 2.12), Tim Siegfried (30th - game-winning goals; 4), Tim Siegfried (Shots per game; 2.06), Tim Siegfried (12th - goals; 16), Tim Siegfried (22nd - points; 36)

Phil Wolf Career Coaching Record: 57-53-16 in seven seasons (177-82-34 overall)

VOLLEYBALL (18-11)

Final PacWest Record: 15-7 (fifth place)

Home: 9-2 **Road:** 6-5 **Neutral:** 3-4

PacWest Setter of the Year: Cara Keturakis

PacWest Freshman of the Year: Rachael Schlect

PacWest All-Conference: Cara Keturakis (first team), Rachael Schlect (second team)

PacWest Player of the Week: Cara Keturakis (Sept. 3), Cara Keturakis (Oct. 8)

PacWest Freshman of the Week: Rachael Schlect (Sept. 3), Rachael Schlect (Sept. 17), Rachael Schlect (Oct. 8), Courtney Dyer (Oct. 22), Rachael Schlect (Nov. 12)

Google Cloud CoSIDA Academic All-District: Kayla Champman

PacWest All-Academic Team: *Announced in late June*

Team MVP: Cara Keturakis

Team Sportsmanship: Alyssa Rifilato

PLNU Records Set: Cara Keturakis (Career Triple-Doubles; 5)

PacWest Stat Leaders: Jaime Cymbaluk (Aces per set; 0.44), Jaime Cymbaluk (Service aces; 43), Cara Keturakis (Assists per set; 9.92), Cara Keturakis (Assists; 1,061), Cara Keturakis (Triple-Doubles; 2)

Jonathan Scott Career Coaching Record: 80-64 (fifth season at PLNU; fifth season overall)

WOMEN'S CROSS COUNTRY

NCAA National Championship Finish: 25th (642 points)

NCAA West Regional Finish: Sixth place (188 points)

PacWest Meet Finish: First place (38 points - defeated APU on tiebreaker)

Highest USTFCCCA National Ranking: 15th (Nov. 21)

Highest USTFCCCA Regional Ranking: Fourth (Sept. 18)

USTFCCCA All-West Region team: Hannah Benoit Bucher

PacWest Coach of the Year: Jerry Arvin

All-PacWest Conference: Hannah Benoit Bucher (first team), Marissa Bartello (first team), Brianna Bartello (first team), Cassidy Towner (second team), Zita Molnar (second team)

USTFCCCA All-Academic Team: Hannah Benoit Bucher, Josie Frye, Zita Molnar, Cassidy Towner

PacWest All-Academic Team: *Announced in late June*

Team Most Outstanding Runner: Hannah Benoit Bucher

Team Sportsmanship: Jordan Sienkiewicz

Team Most Inspirational: Josie Frye

Team Most Improved: Cassidy Towner

Sea Lion of the Year: Madi Bucci

Head Coach Jerry Arvin: 26th season at PLNU

WOMEN'S GOLF

PacWest Championships: Third place (929, +65)

Individual at the NCAA Super Regional: Alli Kim (25th)

All-PacWest Conference: Alli Kim (first team), Christine Perez (third team), Summer Marshall (third team), Yoona Chang (second team)

PacWest Golfer of the Week: Alli Kim (Sept. 20), Alli Kim (Oct. 26), Alli Kim (Nov. 3), Alli Kim (Feb. 18), Alli Kim (Mar. 26), Alli Kim (Apr. 12)

PacWest All-Academic Team: *Announced in late June*

Team MVP: Alli Kim

Sportsmanship Award: Sarah Marek

Lance Hancock coaching record: Third season at PLNU

MEN'S BASKETBALL (31-5)

NCAA Division II National Runner-up

NCAA West Regional: Champions (#1 seed)

PacWest Conference: 20-2 (first place-regular season; first place-tournament)

Home: 17-3 **Road:** 10-1 **Neutral:** 4-1

Highest National Ranking: Eighth (Feb. 13)

Highest Regional Ranking: First (Mar. 10)

NABC D2 Player of the Year: Daulton Hommes

D2CCA All-American: Daulton Hommes (second team)

NABC All-American: Daulton Hommes (first team)

Bevo Francis Award Watch list: Daulton Hommes (final 3)

D2CCA West Region Player of the Year: Daulton Hommes

D2CCA All-West Region: Daulton Hommes (first team)

NABC All-West Region: Daulton Hommes (first team)

PacWest Player of the Year: Daulton Hommes

PacWest Coach of the Year: Ryan Looney

All-PacWest Conference: Daulton Hommes (first team), Preston Beverly (second team), Josh Rodriguez (second team), Ziggy Satterthwaite (third team), Sterling Somers (honorable mention)

PacWest Player of the Week: Daulton Hommes (Nov. 12, Nov. 26, Jan. 21, Jan. 28, Feb. 11) Preston Beverly (Mar. 4)

PacWest Defender of the Week: Preston Beverly (Nov. 19)

PacWest Freshman of the Week: Kaden Anderson

NCAA Division II Elite 90 Award: Tanner Nelson

Google Cloud Academic All-District: Tanner Nelson

PacWest All-Academic Team: *Announced in late June*

SDSA Star of the Month: Daulton Hommes (November), Daulton Hommes (March)

Team MVP: Daulton Hommes

Sportsmanship Award: Noah Stapes

PacWest Records: Josh Rodriguez (Career assists - 656)

PacWest Stat Leaders: Daulton Hommes (Points per game; 21.9), Daulton Hommes (Free throw attempts; 203), Daulton Hommes (Free throws made; 172), Daulton Hommes (3-point percentage; .470), Daulton Hommes (3-pointers made; 95), Daulton Hommes (Field goals made; 260), Daulton Hommes (Total points; 787), Preston Beverly (Rebounds; 279).

National Stat Leaders (top 30): Daulton Hommes (22nd - Points per game; 21.9), Daulton Hommes (16th - Free throw attempts; 203), Daulton Hommes (12th - Free throws made; 172), Daulton Hommes (2nd - 3-point percentage; .470), Daulton Hommes (24th - 3-pointers made; 95), Daulton Hommes (23rd - Field goals attempts; 488), Daulton Hommes (11th - Field goals made; 260), Daulton Hommes (7th - Total points; 787), Preston Beverly (28th - Rebounds; 279).

Ryan Looney's Career Coaching Record: 328-134 (69-28 third season at PLNU, 15th season overall)

WOMEN'S BASKETBALL (19-11)

PacWest Conference: 17-5 (fourth)

Home: 10-3 **Road:** 8-6 **Neutral:** 1-2

Highest Regional Ranking: 10th (Mar. 1)

Postseason: PacWest Championships (T-3rd, won first, lost second)

PacWest Defender of the Year: Grace Brady

All-PacWest Conference: Sydney Peterson (first team), Cara Liggins (first team), Grace Brady (third team)

PacWest Player of the Week: Cara Liggins (Jan. 28)

PacWest Defender of the Week: Grace Brady (Jan. 7), Grace Brady (Jan. 21)

PacWest All-Academic Team: : *Announced in late June*

Team MVP: Cara Liggins & Sydney Peterson

Sportsmanship Award: Carlee Taylor

PacWest Stat Leaders: Grace Brady (Blocks per game; 3.50)

National Stat Leaders (top 30): Grace Brady (6th - Blocked shots; 105), Grace Brady (6th - Blocked shots per game; 3.50), Sydney Peterson (24th - Free throw percentage; .867).

Lisa Faulkner's Career Coaching Record: 43-17 (second season at PLNU; second season overall)

MEN'S TENNIS (9-10)

PacWest Tournament: Sixth (lost consolation match)

Home: 5-6 **Road:** 2-2 **Neutral:** 2-2

Highest ITA National Ranking: N/A

Highest ITA Regional Ranking: Seventh (June 5)

PacWest All-Conference: Thomas Dafcik (first team - singles), Thomas Dafcik (second team - doubles), Yuki Okamoto (second team - doubles)

PacWest All-Academic Team: : *Announced in late June*

Team MVP: Thomas Dafcik

Sportsmanship Award: Mark Vasat

Curt Wheeler's Career Coaching Record: 52-63 (fifth season at PLNU; fifth season overall)

WOMEN'S TENNIS (12-8)

PacWest Tournament: Sixth (win, loss, win, loss)

Home: 8-4 **Road:** 2-2 **Neutral:** 2-2

Highest ITA National Ranking: 20th (Feb. 20)

Highest ITA Regional Ranking: Sixth (June 5)

PacWest All-Conference team: Shelby Groeneveld (third team - singles), Gabi Armas (second team - doubles), Ellie Gamble (second team - doubles)

PacWest Player of the Week: Shelby Groeneveld (Apr. 2)

PacWest All-Academic Team: : *Announced in late June*

Team MVP: Nicole Camaratta

Sportsmanship Award: Samantha Neilson

Curt Wheeler's Career Coaching Record: 68-51 (fifth season at PLNU; fifth season overall)

OUTDOOR TRACK & FIELD

PacWest Conference Finish: Second place (153 points)

National Ranking: 11th (Mar. 27)

USTFCCCA All-American: Freda Kallenberg (second team - heptathlon)

USTFCCCA All-West Region: Freda Kallenberg (heptathlon), Freda Kallenberg (high jump), Zita Molnar (3k steeplechase)

PacWest Field Athlete of the Year: Freda Kallenberg

PacWest Championships Track Athlete of the Meet: Zita Molnar

PacWest Championships Track Athlete of the Meet: Freda Kallenberg

PacWest Meet Champions: Freda Kallenberg (Heptathlon), Freda Kallenberg (Javelin), Zita Molnar (3k steeplechase), Zita Molnar (5k), Hannah Benoit Bucher (1500m), Marissa Bartello (800m)

All-PacWest Performers: Freda Kallenberg (1st-Heptathlon), Freda Kallenberg (1st-Javelin), Maya Jackson (2nd-Javelin), Freda Kallenberg (3rd-Long Jump), Maya Jackson (3rd-Shot Put), Freda Kallenberg (2nd-High Jump), Zita Molnar (1st-3k steeplechase), Zita Molnar (1st-5k), Cassidy Towner (3rd-5k), Hannah Benoit Bucher (1st-1500m), Cassidy Towner (3rd-1500m), Marissa Bartello (1st-800m), Keagan Bolibol (2nd-800m), Hannah Benoit Bucher (3rd-800m), 4x100m (3rd-Julio, Samaniego, Avina, Silsbee), 4x400m (3rd-Avina, Roessler, Wuertz, Kallenberg)

PacWest Track Athlete of the Week: Zita Molnar (Mar. 27), Brianna Bartello (Apr. 18)

PacWest Field Athlete of the Week: Freda Kallenberg (Mar. 27)

PacWest All-Academic Team: : *Announced in late June*

Most Valuable Track Athlete: Zita Molnar

Most Valuable Field Athlete: Maya Jackson

Most Improved: Ashley Julio

Sportsmanship Award: Gianna Tesone

Team MVP: Freda Kallenberg

T&F Sea Lion of the Year: Zoe Pappas

Head Coach Jerry Arvin: Completed his 24th season at PLNU

BASEBALL (32-21)

PacWest Conference: 18-13 (third place)

Home: 17-9 **Road:** 13-11 **Neutral:** 2-1

Postseason: NCAA West Region - #3 seed (defeated MSUB; lost to UCSD; defeated UCSD; lost to UCSD)

National ranking: 14th (NCBWA - Mar. 19)

Highest Regional Ranking: Second

MLB Draft: Micah Pries (13th round - #400 overall; Cleveland Indians)

NCBWA All-American: Micah Pries (honorable mention), Zack Noll (honorable mention)

ABCA All-West Region Team: Zack Noll (first team), Micah Pries (first team)

NCBWA All-West Region Team: Zack Noll (first team), Micah Pries (first team), John Balliet (second team)

D2CCA All-West Region Team: Zack Noll (first team), Micah Pries (first team), John Balliet (second team)

PacWest Pitcher of the Year: Zack Noll

All-PacWest Team: Zack Noll (first team), Micah Pries (first team), John Balliet (first team), Michael Palos (second team), Nathan Garkow (third team)

NCBWA Regional Player of the Week: Micah Pries (Apr. 23)

PacWest Player of the Week: Micah Pries (Apr. 8), Micah Pries (Apr. 22)

PacWest Pitcher of the Week: Zack Noll (Feb. 4), Zack Noll (Feb. 18)

PacWest Freshman of the Week: Otto Kemp (Feb 4), Otto Kemp (Feb. 25)

PacWest All-Academic Team: *Announced in late June*

SDSA Star of the Month: Zack Noll (February)

Team Offensive Player of the Year: Justin Ledgerwood

Team Defensive Player of the Year: Miguel Cazares

Team Pitcher of the Year: Zack Noll

Newcomer of the Year: Stirling Strong

Team MVP: Micah Pries

Sportsmanship Award/Sea Lion of the Year: Nathan Garkow

PacWest Stat Leaders: Zack Noll (Strikeouts; 102), Zack Noll (Victories; 10), Team (Strikeouts per 9; 8.8)

National Stat Leaders (top 30): Micah Pries (11th - home runs; 18), Micah Pries (14th - home runs per game; 0.35), Travis Takata (30th - sacrifice flies; 6), Zack Noll (27th - strikeouts; 102), Zack Noll (11th - victories; 10), Team (Earned run average; 4.10), Team (Sacrifice bunts; 39)

Justin James Career Coaching Record: 32-21 (first season at PLNU; first season overall)

Top 20 Moments of 2018-19

1. Men's Basketball's Elite 8 run to championship/Fan watch parties
2. Cross Country PacWest Championship win
3. PLNU finishes second in PacWest Commissioner's Cup
4. Women's Soccer's PacWest Champs/winning streak
5. Baseball Regional wins
6. Men's Basketball West Regional Championship
7. Track Kallenberg heptathlon record
8. Women's soccer's regional win over Chico State
9. Golf Alli Kim's season
10. Volleyball's Dig Pink win vs. APU
11. Academic Excellence Award
12. Men's Soccer win over Fort Hays State
13. Men's Basketball Hommes wins NABC Div. II Player of the Year
14. Track Zita breaks 3K steeplechase record
15. Women's Basketball win streak, including big win over Dominican
16. Baseball's walk-off wins
17. Track performance at PacWest
18. Volleyball's sweeps Biola
19. Tennis redemption wins at CUI
20. Men's Basketball's overtime win against UCSD

Men's Basketball advances to NCAA D2 Championship



EVANSVILLE, Ind. - Playing in front of a hostile crowd of 5,965 fans, nearly all of which were pulling for the hometown Screaming Eagles, the Point Loma men's basketball team defeated the University of Southern Indiana, 81-71, to advance to the NCAA Division II National Championship.

This win was one of the most impressive and hard-fought victories of the year, as Point Loma had to overcome multiple obstacles, including the playing an away game in the Final Four, to reach the first national championship game for PLNU in any sport at the Division II level.

PLNU opened the game on a 10-0 run and built their lead to as many as 14 points in the first half (28-14). However, foul trouble got to the Sea Lions at the end of the period, and it opened the door for the Screaming Eagles to close the gap. USI scored the 16 of the final 19 points of the half to cut the Sea Lions' lead to just one point at the half (31-30).

Southern Indiana would not go away. It cut the lead to four (71-67) with less than two minutes remaining, and had a chance to get even closer with two free throws. However, USI missed both free throws and Josh Rodriguez was able to drive the lane and get a layup on the next possession to stretch the Sea Lions' lead back to six (73-67).

Rodriguez then made six free throws in the final minute as eight of his 10 points came in the final 67 seconds of the game. USI would miss their final four field goal attempts of the game, while PLNU made its final five shots and 8-of-10 free throw attempts in the final 44 seconds.

Cross Country wins PacWest Championships



FRESNO, Calif. - The start of the championship season had everything and more the Point Loma women's cross country team would ever want. It came with high levels of competition, a complete PLNU team running together for the first time this year and quality weather conditions, but most importantly, all these factors resulted in the Sea Lions' first PacWest Cross Country Championship!

PLNU's top 5 runners all finished in the top 13 and each one of those places would be critical, because when the dust settled, both unranked Point Loma and No. 12 Azusa Pacific finished with an identical 38 points. However, as coach Arvin has talked about all year, the Sea Lions 'womanned up' against Cougars and earned the tiebreaker and the right to call themselves the 2018 PacWest champions.

Hannah Benoit Bucher led the Sea Lions with a fourth place finish on the 6k Woodward Park course in a time of 22:17.9. She ran among the leaders throughout the race en route to earning her third consecutive first team All-PacWest honor. She also locked in four team points for the Sea Lions.

Marissa Bartello was right behind Benoit Bucher with a time of 22:20.4. She placed fifth and earned five more team points. It was Marissa's first career first team All-PacWest honor after earning second team awards as a freshman and sophomore. Not far behind, and joining her on the All-PacWest first team was her sister Brianna Bartello. Brianna finished seventh with a time of 22:28.1 to bank seven more points for the Sea Lions.

As coach Arvin waited with three runners across the finish line he saw the third runner for Azusa Pacific finish, he knew it would be coming down to the wire. Cassidy Towner finished next for PLNU with a time of 22:30.8 to place ninth and edge out the next finisher for APU by one spot.

With four runners each in the bank, PLNU trailed Azusa Pacific 25-22. It was now just a question whether the fifth scorer for PLNU could create enough separation from APU to finish three spots ahead. Newcomer Zita Molnar accepted that challenge. She passed multiple people down the stretch to place 13th with a time of 22:51.6.

With 38 points banked, PLNU held its breath that Azusa Pacific would not make a push in the final stretch to retake the lead. The fifth runner for APU made a strong effort, even moving up three spots late, to place 16th and complete the scoring, but it was not enough for the Cougars to pass the Sea Lions.

When the unofficial score came out it initially looked like APU had edged PLNU by one point, but after everyone had finished and the results were double-checked, both teams finished deadlocked with 38 points. It was then time to turn to the tiebreaker to determine the 2018 PacWest Championship. APU's first and second runners finished ahead of PLNU's first two runners, however the next three runners for Point Loma all placed higher than Azusa Pacific's giving the Sea Lions the edge in the tiebreaker 3-2.

Women's Soccer earns win in NCAA West Regional



LA JOLLA, Calif. - This team has something special. It can't be measured in stats, talent or even heart, but there is something extra below the surface that just wills the 2018 Point Loma women's soccer team to victory. Today, the Sea Lions achieved a program first by earning a 2-1 win over No. 22 Chico State in the NCAA West Regional, but it was the way they earned the win, which reinforcement the quality of this team.

Ashlee Smith scored the first goal of the match in the 10th minute to give the Sea Lions the early 1-0 lead. It was a critical goal as PLNU did not look good early in the contest. Julia Glaser got the play started by running down a ball on the sideline and after a series of passes she fed it to Bella Diaz cutting across the top of the 18-yard box. Diaz took a quick touch and laid it off outside the box where Smith gathered with a touch and shot a laser from 22 yards out into the bottom left corner of the net for the score.

That lead would be short-lived as Chico State answered three minutes later with the equalizer. Abbie Jones found her teammate Erin Woods on a nice pass in the box and Woods was able to beat a PLNU defender to get a clean look at the goal for the score.

The match remained tied through halftime and into the middle of the second half, and then you saw the Sea Lions' fitness start to shine through. PLNU had three quality chances between the 67th and 73rd minutes, but could just not find the net thanks to some great goaltending by Chico State's Brenna Miller. The first was a free kick by Smith just outside the box, which Miller was able to get a hand on and push it high. The next was a breakaway by Abbey Teagle. She made a run on the right side and found Diaz open in front of the net. Diaz turned and shot the ball towards the far side of the net but Miller was able to sprawl out and once again got a hand on the shot. The last was a header attempt in the box by Smith in which she was 1v1 with Miller but could not get enough on the shot to get it past the keeper.

These chances showed the weakness in the Wildcats' defense and fueled Sea Lions' attack. The breakthrough came in the 86th minute when Raynee Odell took a shoot just outside the top right corner of the the box and a Chico State defender threw her hand into the air, striking the ball and resulting in the penalty kick. Coach Kristi Kiely called on the PacWest's leading goal scorer, Julia Glaser, to take the kick. Glaser calmly stepped over the ball and took the shot. Even with Miller guessing the right direction, Glaser's penalty kick was perfect and it put Point Loma up 2-1 with just over four minutes to play. The Sea Lions then held off one more scoring run from the Wildcats and held onto the ball for the victory.

Emma Hinson finished the match with four saves in the win for PLNU. Miller had five saves for the Wildcats.

Noll deals in NCAA West Regional win



LA JOLLA, Calif. - Zack Noll struck out 14 and the Sea Lions rode the momentum of a five-run first inning to defeat No. 6 seed Montana State Billings, 10-2, in the first game of the NCAA West Regional on Thursday, May 16.

Noll (10-2) allowed just three hits and no runs over six innings while walking three and matching his career-high with 14 strikeouts. No Yellowjacket reached third base against him and he got 14 of the 18 outs he recorded via the strikeout. He left the game after the sixth with 114 pitches and a 10-0 lead.

The Sea Lions put up a five-spot in the first inning to stake Noll to the early advantage. Micah Pries doubled down the right field line to score Travis Takata for the first run. Colby Kaneshiro would bring in Pries and Miguel Cazares later in the inning with a two-out, opposite field home run. Casey Dunlap added another run for PLNU in the inning when he singled to bring in Michael Palos, who had singled and advanced to second on a wild pitch.

John Balliet crossed the plate on a wild pitch in the bottom of the second to extend the lead to 6-0. The Sea Lions would put the game away in the fifth inning thanks to two miscues by the Yellowjackets that led to three more runs. The first was a fly out to right field that was dropped by the right fielder with two outs that allowed two more runs to score. The next was a dropped foul out by the catcher that preceded a two-out, RBI-single by Balliet.

Point Loma outhit MSUB 12-7 in the game, and all but one starter for the Sea Lions had at least one hit, with Dunlap, Balliet, Pries and Takata each having two hits. Kaneshiro finished the game with four RBI. Daniel Cipriano was the only Yellowjacket to record a multi-hit game.

Men's basketball wins NCAA West Regional



SAN DIEGO – Three years of hard-work under coach Ryan Looney paid off on Monday night when the Point Loma men's basketball team captured the 2019 NCAA West Championship with a 60-54 victory over Saint Martin's.

This is the place that coach Ryan Looney wanted to take the Sea Lions after taking over the program prior to the 2016-17 season. Early morning practices, intense effort in the weight room and commitment to each other were all keys in taking this program to new heights, but it was the 'effort' of the Sea Lions, and some clutch shooting by Daulton Hommes, which earned them the regional championship.

Point Loma held the Saints to just .345 percent shooting in the game, and their all-region performer, Luke Chavez scored just 12 points on 4-of-19 shooting. He was not the only one struggling from the field as the Sea Lions ran defenders at every shooter. SMU scored just 24 points in the first half and finished with 54 on the night. This was the third time in the regional, PLNU held its opponent in the 50-point range.

Saint Martin's was nearly able to match the Sea Lions' defensive effort, and the teams went into halftime with PLNU leading 30-24. In the second half, the Saints cut the lead to two (40-38) at the 12:01-mark. It was then Hommes' time to shine; He gave the capacity crowd at Golden Gym exactly what they had come to see as he hit back-to-back deep 3-pointers and extended the lead back to eight (49-41). PLNU would push the lead to 10 with 7:09 on the clock, but the Saints would not go away.

SMU scored seven straight points, capped by a driving layup from BJ Standley with 4:40 remaining cut the Sea Lions' lead to three (51-48). Again the Sea Lions called a play for Hommes. They were able to get him open for a 3-pointer four feet behind the line, and as he did all tournament, he drilled his shot in the biggest moment. That shot lit up the Sea Lion crowd and put Point Loma back in control.

After a pair of free throws by Sterling Somers extended the Sea Lions' led back to eight (56-48) with 3:57

remaining, Point Loma would go 3:34 without scoring, but their defense again stepped up, holding the Saints to just 2-of-7 shooting down the stretch. However, a driving layup by Chavez with 37 seconds left chopped the Sea Lions' lead to 56-52 and put a little pressure back on PLNU.

SMU fouled the Sea Lions on their next possession, and it had some hope after PLNU missed the frontend of a 1-and-1, but Chavez missed a 3-pointer, and Tanner Nelson was able to secure the rebound. He knocked down both free throws with 23 seconds left to extend the lead back to six (58-52). On the ensuing possession, Point Loma's season-long commitment to each other paid off with a smothering defense that would not even allow SMU to get a shot off before taking nearly 10 seconds off the clock. EJ Boyce did make a midrange jumper to cut to four (58-54).

Nelson was then able to find Josh Rodriguez on the inbounds play, where he was promptly fouled. He made 1-of-2 free throws, but Chavez missed another 3-pointer before Preston Beverly collected another rebound and sealed the game at the line.

Daulton Hommes earned the Most Outstanding Player of the West Regional after averaging 24.3 points, 7.0 rebounds per game and hitting 12-of-20 shots from 3-point range. He finished tonight with 25 points on 10-of-15 shooting, including going 5-of-8 from behind the arc. He also got help from all-tournament selection Ziggy Satterthwaite, who scored 15 points on 7-of-10 shooting. Preston Beverly had a game-high nine rebounds to help Point Loma outrebound Saint Martin's 40-27.

This is the first NCAA West Regional title for Point Loma in any sport. The Sea Lions transitioned from the NAIA in 2012-13 and first became eligible for the NCAA postseason in 2014-15.