



POINT LOMA
NAZARENE
UNIVERSITY

Intercollegiate Athletics
ANNUAL REPORT

2014 – 2015

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 an 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 200 student-athletes who 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 the purpose 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 allow for student-athletes to enhance their experience through leadership growth opportunities.

Intended Learning Outcomes by Program

	Cognitive Complexity			Knowledge Acquisition, Integration & Application				Humanitarianism & Civic Engagement			Interpersonal & Intrapersonal Competence						Practical Competence							
Athletic Programs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
Spiritual Development			X	X				X	X	X		X		X			X	X						
Academic Development		X		X	X									X		X			X					
Athletic Development	X	X	X			X		X					X	X		X			X			X		
Community Engagement	X		X	X		X	X	X	X	X		X		X					X		X			X
Campus Engagement	X		X			X	X	X		X	X	X		X					X				X	
Student-Athlete Leadership & SAAC	X	X	X		X	X	X	X		X	X		X	X					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 our student-athletes are involved in have allowed them to work with others, as well as be exposed to new ideas and experiences. Examples of community engagement events are Special Olympics, Make-A-Wish, and Ocean Beach Second Chance Bread of Life Ministry 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), Fall Festival, and MOSAIC (see Appendix A).

Student-Athlete Leadership – SAAC has created openness to new ideas and perspectives. Throughout the year they have supported organizations like Coaching Corps, Operation Christmas Child and Make-A-Wish. These events give the student-athlete a different perspective in 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 are in conjunction with the Fellowship of Christian Athletes (FCA). Individual teams also hold team Bible studies, and other spiritually driven team functions (see Appendix A).

Academic Development – 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 exceeded the GPA of non-student-athletes. Also student-athletes 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 have access to, and utilize, our existing workout facilities outside of team practice times. 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 Coaching Corps, Operation Christmas Child, 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 being involved with Campus Wellness and participating in numerous events such as Lead Week, NSO and helping new students on Move-In

Day. They also work directly with ASB to create, support and participate in non-athletic club activities on campus (see Appendix A). The 2014-15 ASB President was a student-athlete.

Student-Athlete Leadership – 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 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 (see Appendix A). Members of SAAC also participated in the APPLE Conference to help educated student-athlete about drug and alcohol use.

Humanitarianism & Civic Engagement

Spiritual Development – Individuals and teams have participated in mission trips including a trip to Haiti this year. 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 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 was named first-runner up (out of 292 NCAA institutions across the country) for the prestigious 2014 NCAA DII National Award of Excellence – selected from athletic departments across the country for outstanding work done in the community. 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 (winning the PacWest Award for largest Make-A-Wish donation), Civil Rights Pilgrimage, Operation Christmas Child, Special Olympics, Coaching Corps, Chickens for Armenia, 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, Fall Festival, Tuition Freedom Day, Alcohol Awareness, 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 is higher than the general student body for the second straight year, 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 around 4,000 hours of community engagement this year. Examples of community engagement stretch from Make-A-Wish fundraising, participation in breast cancer walks, host site for Special Olympics, and Ocean Beach Second Chance Bread of Life Ministry. 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-athlete also participate in campus engagement events. Examples of those events include New Student Orientation (NSO), Alcohol Awareness and Fall Festival to name a few. Participation in these campus events allow 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. 98% of our student-athletes declared a major this year. 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 (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 Alcohol Awareness and 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).

Use of Evidence

Athletics would like to assess one specific area in 2015-2016. It will be to evaluate the academic success of scholarship student-athletes vs. non-scholarship student-athletes. This will be done by analyzing grade point averages from both the fall and spring semesters.

Areas of Distinction

The Point Loma Sea Lions celebrated many accomplishments and honors this season, both on and of the courts and fields. Our program received the 2014 NCAA Division II President's Award for Academic Excellence with one of the Top 3 Academic Success Rates in the country (98% graduation rate for student-athletes). For a second consecutive year, our student-athletes have had a higher GPA (3.28) than the general student body. Additionally we placed as first-runner up out of 292 NCAA institutions for the prestigious 2014 NCAA DII National Award of Excellence for outstanding work done in the community.

Facility-wise, our track venue was reopened with a brand new track to accompany the new infield/soccer grass laid earlier this year. Our baseball stadium grew to over 200 seats thanks to the installation of donated seats from Petco Park. Additional seats have been installed for soccer and tennis. The donation has been greatly appreciated as game attendance for athletics grew by 26% this year over last year. The greatest impact was in Women's Basketball where attendance nearly tripled. The Sea Lions also saw their media exposure grow with one nationally televised Men's Basketball home game on FOX Sports Network as well as the entire home season and select away Men's Basketball games broadcast on FOX Sports Radio 1360 AM.

Many coaches, athletes and teams also had accomplishments and received awards on national, regional and All-Conference levels (Appendix F).

Appendix A 2014-2015 Community Engagement Report

Appendix B Graduation Rates & Academic Success Rate Report

Appendix C 2014-2015 GPA Report

Appendix D 2014-2015 Sports Survey

Appendix E 2014-2015 Miss Class Report

Appendix F 2014-2015 Athletic Department Annual Year-End Review

POINT LOMA

SEA LIONS

Point Loma Nazarene University Community Engagement Award Nomination

During the 2014-15 academic year, PLNU student-athletes engaged in many single and recurring community engagement events, projects and outreach. The estimated combined total hours spent in both community engagement and service by PLNU student-athletes was over 4,000 hours.

While PLNU student-athletes focused on a few core campaigns such as Make-a-Wish, Breast Cancer Awareness, Coaching Corps and Bread of Life Homeless Shelter, they were also encouraged to diversify their community involvement to touch as many different groups and individuals as possible, both on and off campus. In an effort to develop programs and activities that celebrate diversity, PLNU Athletics has formed a unique partnership with the Special Olympics and Special Olympics World Games.

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, as well as a large group of international Special Olympians training for the World Games in Los Angeles this summer. PLNU 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

Athletics accepted a proclamation from the City of San Diego on behalf of the university for its support of the Special Olympics.



Point Loma Nazarene University Women's Volleyball student-athlete, Stephanie Aviles, accepts the official Special Olympics banner on behalf of PLNU



PLNU cheerleaders posing with one of the Special Olympics athletes

[WATCH a video produced by one of the Special Olympics athletes who competed at PLNU this year.](#)

MAKE-A-WISH

PLNU athletics continued its efforts on behalf of the Make-A-Wish Foundation this year. Point Loma men's basketball team came up with the idea for a "half court challenge", which consisted of donations based on the number of half court shots the team made in a given amount of time. Point Loma SAAC challenged the other schools in the PacWest Conference to try to make more shots than PLNU's team. Point Loma SAAC also manned a donation table at PLNU home athletic contests throughout the year, collected donations through "Penny Wars" competition pitting PLNU's teams against one another to see which team could raise the most money, and held a campus-wide dodgeball tournament with the proceeds going to Make-A-Wish. PLNU SAAC's biggest Make-A-Wish fundraiser though was a Bike-A-



PLNU SAAC President, Alyssa Orto accepting 2014 Make-A-Wish award from Commissioner Bob Hogue

Thon event in which individuals gave pledge donations towards the number of miles one of our cycling enthusiast administrators would ride in a given time frame. The result was Point Loma SAAC raising just over \$2,000 for Make-A-Wish. They also added a new partnership with WishMakers on campus and plan to work with them to hopefully have PLNU fully sponsor it's own Make-A-Wish Kid next year.

Point Loma Nazarene University

FRESHMAN AND FIGHT GRADUATION RATES	All Students	Student-Athletes
2008-09 Graduation Rate	73%	76%
Four-Class Average	73%	79%
Student-Athlete Academic Success Rate		98%

I. Graduation-Rates Data

a. All Students

	Freshman Rate				Freshman Rate				Freshman Rate			
	Men				Women				Total			
	2008-09		4-Class		2008-09		4-Class		2008-09		4-Class	
	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	***	***	9	44	***	***	16	50	***	***	25	48
Asian	15	81	41	78	14	50	67	65	29	66	103	79
Black	3	67	13	38	7	71	27	74	10	70	40	93
Hispanic	30	73	97	69	33	73	155	69	63	73	252	69
Nat. Insp./PI	0	-	***	***	0	-	***	***	0	-	***	***
N-R Alien	0	-	3	60	0	-	6	67	0	-	11	64
Two or More	***	***	4	25	***	***	4	25	***	***	8	25
Unknown	***	***	***	***	***	***	***	***	***	***	***	***
White	159	72	544	72	266	76	1059	76	425	74	1792	75
Total	211	72	823	71	327	74	1344	75	538	73	2167	73

b. Student Athletes

	Freshman Rate						Freshman Rate						Freshman Rate					
	Men						Women						Total					
	2008-09		4-Class		ASR		2008-09		4-Class		ASR		2008-09		4-Class		ASR	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	***	***	0	-	***	***	***	***	4	75	***	***	***	***	4	75	***	***
Asian	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
Black	0	-	***	***	***	***	0	67	***	***	***	***	3	67	***	***	***	***
Hispanic	***	***	6	83	14	93	***	***	4	25	5	100	***	***	10	63	19	95
Nat. Insp./PI	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
N-R Alien	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
Two or More	0	-	***	***	0	-	0	-	***	***	0	-	0	-	***	***	0	-
Unknown	0	-	0	-	***	***	0	-	0	-	***	***	0	-	0	-	***	***
White	12	75	39	83	38	95	13	77	58	86	33	100	25	76	97	86	126	98
Total	16	81	50	80	62	94	18	72	71	79	102	100	34	76	121	79	164	98

2014-15 ATHLETICS GPA REPORT

12:28 Friday, May 22, 2015

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	Fall 2014 Enrolled	Fall 2014 Average Term GPA (Weighted)	Fall 2014 Average Cumulative GPA (Weighted)	Spring 2015 Enrolled	Spring 2015 Average Term GPA (Weighted)	Spring 2015 Average Cumulative GPA (Weighted)	FAY 2014/15 Enrolled (Unpublished)	FAY 2014/15 Average Term GPA (Unpublished)
ALL UNDERGRADUATES	2,505	3.27	3.28	2,376	3.26	3.26	2,827	3.27
Non-Athletes	2,307	3.27	3.28	2,174	3.27	3.25	2,417	3.27
Male Non-Athletes	823	3.19	3.27	772	3.13	3.12	825	3.12
Female Non-Athletes	1,473	3.35	3.22	1,402	3.26	3.35	1,592	3.35
Total Athletes	206	3.24	3.25	202	3.32	3.28	210	3.28
Male Athletes	87	3.07	3.11	84	3.17	3.15	90	3.17
Baseball	57	3.08	3.16	55	3.19	3.18	37	3.14
Basketball	14	2.87	2.88	14	3.27	2.85	14	2.74
Soccer	28	3.12	3.20	24	3.27	3.32	28	3.27
Tennis	10	2.82	3.18	11	3.09	3.24	11	3.19
Swimming-Athletes	118	3.38	3.28	110	3.42	3.37	120	3.39
Basketball	17	3.12	3.20	17	3.28	3.22	17	3.20
Cross-Country	27	3.42	3.46	21	3.50	3.47	27	3.46
Golf	17	3.25	3.31	15	3.30	3.32	17	3.27
Soccer	24	3.40	3.41	23	3.45	3.39	24	3.45
Tennis	5	3.06	3.32	10	3.18	3.28	10	3.14
Track	41	3.41	3.41	41	3.54	3.43	41	3.45
Volleyball	19	3.43	3.52	14	3.31	3.32	15	3.25

Point Loma Nazarene University



Sports Survey 2014-2015

Prepared by:

LifeTrack Services, Inc.
1271 Port Drive, Clarkston, WA 99403
1-800-738-6466

PLNU Athletics
2014 Fall - Missed Class Report

Sport	Total Days Missed Fall 2014	Total Days Missed Fall 2013
Volleyball	8 full days, 2 half days, 1 quarter day	9 full days, 4 half days*
Women's Soccer	8 full days, 1 half day, 4 quarter days^	8 full days, 5 half days, 4 quarter days**
Men's Soccer	6 full days, 6 half days, 2 quarter days	3 full days, 2 half days, 8 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	7 full days***
Cross Country	3 full days	4 full days, 1 quarter day****
Women's Basketball	2 full days, 1 half day	6 full day, 2 half days
Men's Basketball	1 full day, 1 half day	6 full days, 1 half days, 1 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 number of days for Fall 2014 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 11:00am.

Half days are equal to departure or excused time after 11:00am.

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

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

* Volleyball missed 3 full days and one half day due to post-season participation in the NCAA National Tournament.

** Women's Soccer missed 5 full days due to post-season participation in the NCCAA National Tournament.

*** Women's Golf missed 5 full days due to post-season participation in the NCCAA National Tournament.

**** Cross Country missed 2 full days due to post-season participation in the NCCAA National Meet.



2014-15 PLNU Team Standings and Awards

PacWest Director's Cup Finish: Fourth (of 13)

PacWest Champions: Women's Soccer

NCAA Regional Participants: Women's Soccer, Women's Basketball, Baseball

PacWest Freshmen of the Year: Sami Swanson (women's soccer),
Roya Rustamzada (women's basketball)

All-PacWest Selections: 26

PacWest Scholar Athletes: 146

All-Americans: 3