

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

PLNU IN THE PACWEST AND THE NCAA

The 2014-15 academic year was the one circled on the calendar for every coach and administrator in the Point Loma Athletic Department since the PLNU Board of Trustees voted to proceed with a move from NAIA to NCAA Division II in November of 2010. While this was the third season Point Loma competed with a full Division II schedule, this marked the first season the Sea Lions were full-active members in the NCAA, and thus eligible for both PacWest and NCAA postseason play.

The Sea Lions seized their opportunity to establish their name in the NCAA, and especially the West Region in their first season. PLNU sent three teams to the NCAA West Regionals during the 2014-15 academic year, and three other Sea Lion teams (volleyball, men's basketball and women's golf) were the first team out when the final poll was released. The PLNU women's basketball team truly captured their opportunity to establish the Sea Lions as a force in the West. They earned the No. 8 seed in the regional with an at-large bid and traveled to No. 1 nationally ranked Alaska Anchorage. PLNU quickly jumped out to a 14-0 lead and led by as many as 19 (31-12) in the first half against the Seawolves. UAA chipped away at the Sea Lions' advantage and took its first lead at 63-62 on a 3-pointer with 9.1 left. PLNU called a timeout and then Rustamzada went the length of the floor off the inbounds pass to hit a spinning, right-handed layup with 2.1 left to stun the home crowd. A failed half-court shot by the Seawolves at the buzzer sealed the victory for the Sea Lions. The Point Loma women's soccer team had a great run to win the PacWest Championship and make PacWest history at the NCAA West Regional. PLNU became the first PacWest team to ever score at the NCAA regionals when both Amanda Mitchell and Tara Kracy notched goals against Cal Poly Pomona. The Point Loma baseball team also captured an at-large bid to the NCAA West Regional. The Sea Lions were ranked in each of the four regional polls, and landed the No. 6 seed in their first-ever NCAA Baseball West Regional.

These runs by the numerous Point Loma teams helped PLNU put together a .604 winning percentage (134-85-3) as an athletic department during the 2014-15 academic year (track & field, women's golf, cross country excluded as they don't accumulate team records). The Sea Lions finished 2013-14 with a .559 winning percentage (131-99-4) and a .416 winning percentage in 2012-13 (87-119-3).

Point Loma has also continued to establish itself amongst the upper echelon of teams in the PacWest Conference. The Sea Lions earned fourth place in the 2014-15 Commissioner's Cup Standings with an average of 10.0 points across its 10 intercollegiate sports (track & field excluded as there is no PacWest Championship with only five PacWest schools currently sponsoring the sport), marking the third straight year of

improvement. PLNU finished ninth in the commissioner's cup during its first season in the league (2012-13) before moving to sixth last year (9.15 points per sport). The PLNU women's soccer led way this year by winning the PacWest Championship and capturing 15 points in the standings. Point Loma also received double-digit point totals from volleyball (12), women's tennis (10) and men's (10) and women's (12) basketball. PLNU was one of just four teams in the PacWest to average double-digit points. Dixie State edged PLNU for third with 10.125 points, while Azusa Pacific finished second (11.091) and California Baptist won the title with an average of 12.682 points per sport.

2014-15 PacWest Commissioner's Cup



The PacWest Commissioner's Cup Scoring System awards points to schools based on their finishes in conference-sponsored sports. Point totals vary from sport to sport and are based upon the number of schools competing. Regular-season standings are used for baseball, basketball, soccer, softball and volleyball; while cross country, golf and tennis utilize the results of the conference championships.

Here is a look the 2014-15 PacWest Commissioner's Cup final standings:

School (# of conference sports)	Total Points	Average Points
1. California Baptist (11)	139.5	12.682
2. Azusa Pacific (11)	122	11.091
3. Dixie State (12)	121.5	10.125
4. Point Loma (10)	100	10.000
5. BYU-Hawaii (11)	107.5	9.773
6. Hawaii Pacific (13)	124	9.538
7. Fresno Pacific (8)	68	8.500
8. Academy of Art (12)	96	8.000
9. Dominican (11)	64.5	5.864
10. Hawaii Hilo (12)	69.5	5.792
11. Notre Dame de Namur (10)	55	5.500
12. Chaminade (10)	42	4.200
13. Holy Names (13)	42.5	3.269

2014-15 POINT LOMA ATHLETICS SUMMARY

VOLLEYBALL (19-9)

Final PacWest Record: 16-4 (third place) Home: 13-1 Road: 6-4 Neutral: 0-4

Highest National Ranking: 'Others Receiving Votes' (26th unofficially - Aug. 18)

Highest NCAA Regional Ranking: 10th (Nov. 5)

AVCA All-Americans: Savannah Wedmeyer (honorable mention), Heather Leavitt (HM)

AVCA All-West Region: Savannah Wedemeyer (first team), Heather Leavitt (HM)

PacWest Setter of the Year: Savannah Wedemeyer

All-PacWest Team: Savannah Wedemeyer (first team), Heather Leavitt (first team), Christin Fisher (second

team), Alyssa Dwyer (second team)

PacWest Player of the Week: Heather Leavitt (Sept. 22), Savannah Wedemeyer (Oct. 13)

PacWest Defender of the Week: Alyssa Dwyer (Oct. 27), Christin Fisher (Nov. 3)

PacWest Freshman of the Week: Bethany Mandon (Oct. 27)

Team MVP: Savannah Wedmeyer

Team Sportsmanship Award: mcKensey Wise Offensive Player of the Year: Heather Leavitt Defensive Player of the Year: Christin Fisher

National Stat Leaders (top 30): Savannah Wedemeyer (17th - Aces per set: 0.51); Savannah Wedemeyer (27th - Assists per set: 10.83); Savannah Wedemeyer (29th - Service Aces: 54); Team (28th - Assists per set: 12.90);

Team (25th - Kills per set: 13.82)

Jonathan Scott's Career Coaching Record: 19-9 (first season at PLNU; first season overall)

WOMEN'S SOCCER (12-4-1)

PacWest Conference: 11-0-1 (PacWest Champions)

Home: 7-1-0 Road: 5-2-1 Neutral: 0-1-0

Postseason: NCAA West Regional first round - 6th seed (lost to No. 3 Cal Poly Pomona)

Highest NCAA Regional Ranking: 10th (Oct. 23)

Capital One/CoSIDA Academic All-American: Claire Mathews (third team)

Daktronics All-West Region: Claire Mathews (first team), Dottie Rhoten (second team)

PacWest Coach of the Year: Tim Hall

PacWest Defender of the Year: Claire Mathews PacWest Goalkeeper of the Year: Ariel Oriarte PacWest Freshman of the Year: Sami Swanson

All-PacWest Conference: Dottie Rhoten (first team), Ariel Oriarte (first team), Claire Mathews (first team), Shelby Murphy (second team), Sami Swanson (second team), Morgan Pearce (third team), Tara Kracy (HM)

Preseason All-PacWest selections: Shelby Murphy, Claire Mathews

PacWest Defender of the Week: Ariel Oriarte (Sept. 29, Oct. 13 & Oct. 20), Claire Mathews (Nov. 10)

CoSIDA Academic All-District team: Claire Mathews

San Diego Hall of Champions Star of the Month: Ariel Oriarte (Oct.)

Team MVP: Claire Mathews

Team Sportsmanship Award: Natalie Swift

National Stat Leaders (top 30): Ariel Oriarte (sixth - Goals Against Average: 0.398); Ariel Oriarte (21st - Save Percentage: 0.870); Team (eighth - Shutout Percentage: 0.647); Team (12th - Goals Against Average: 0.512)

Tim Hall's Career Coaching Record: (96-35-14 six years at PLNU, 259-149-39 overall includes men)

Men's Soccer (6-10-2)

PacWest Conference: 6-5-1 (sixth place) Home: 4-3-1 Road: 2-7-1 Neutral: 0-0-0

All-PacWest Conference: Daniel ten Bosch (second team), Tyler Allen (second team), Matt Rose (third team),

Avrin Yakou (third team)

PacWest Defender of the Week: Avrin Yakou (Oct. 13 & Oct. 27)

CoSIDA Academic All-District team: Matt Steinhaus

Team MVP: Daniel ten Bosch

Team Sportsmanship Award: Matt Steinhaus

Phil Wolf Career Coaching Record: 15-34-5 at PLNU (170-80-28 overall)

CROSS COUNTRY (WOMEN)

PacWest Meet Finish: Eighth (194 points)

PacWest Freshman of the Week: Alexandra Hernandez (Oct. 7 & Oct. 14)

Team Most Valuable Runner: Alexandra Hernandez **Team Sportsmanship Award:** Briana Swendener

Team Most Inspirational: Jocelyn Duran
Team Most Improved: Hayley Richardson
Head Coach Jerry Arvin: 21st season at PLNU

WOMEN'S GOLF

PacWest Championships: Fourth Place (945, +81) Highest NCAA Regional Ranking: 10th (Apr. 23) PacWest co-Coach of the Year: Jacqui McSorley

All-PacWest Team: Haley Fuller (first team), Kathleen Crossley (second team), Annika Nousiainen (second)

PacWest Golfer of the Week: Kathleen Crossley (Mar. 13)

San Diego Hall of Champions Star of the Month: Haley Fuller (Sept.)

Team MVP: Haley Fuller

Team Sportsmanship Award: Kathleen Crossley

Individual Tournament Titles: Haley Fuller (Torrey Pines; Sept. 16), Kathleen Crossley (Cougar Invite; Mar. 3)

Team Tournament Titles: Cal State San Marcos Invitational (Nov. 4), Cougar Invite (Mar. 3)

School records set: Single-round team score; 300 (+12) at WNMU Invite

Jacqui McSorley coaching record: (fourth season)

Men's Basketball (21-8)

PacWest Conference: 13-7 (fifth place) Home: 13-4 Road: 8-3 Neutral: 0-1

Highest NABC National Ranking: 22nd (Dec. 2)

Highest NCAA Regional Ranking: 8th (all four weeks: Feb. 18, first week)
Postseason: PacWest Conference Tournament first round (Lost to BYU-Hawaii)
All-PacWest Conference: Hayden Lescault (first team), Marek Klassen (third team)
PacWest Player of the Week: Sam Okhotin (Jan. 12), Hayden Lescault (Feb. 16)
PacWest Defensive Player of the Week: Hayden Lescault (Nov. 17 & Dec. 15)

Team MVP: Marek Klassen & Hayden Lescault **Team Sportsmanship Award:** Sam Okhotin

National Stat Leaders (top 30): Sam Okhotin (sixth - 3-point Field Goal Percentage: .475); Team (17th - Scoring

Defense: 63.7); Team (fifth - 3-point Field Goal Percentage: 0.419) **Bill Carr's Career Coaching Record:** (67-50 at PLNU, 189-118 overall)

WOMEN'S BASKETBALL (20-12)

PacWest Conference: 15-5 (third place) Home: 8-5 Road: 10-3 Neutral: 2-4

Postseason: NCAA West Regional Semifinals - 8th seed (defeated No. 1 Alaska Anchorage first round, lost to

No. 5 California Baptist second round); PacWest Conference Tournament semifinals **Highest National Ranking:** 'Others Receiving Votes' (35th unofficially - Mar. 31)

Highest NCAA Regional Ranking: 8th (Mar. 4) **PacWest Freshman of the Year:** Roya Rustamzada

All-PacWest Conference: Jessica Escorza (first team), Roya Rustamzada (third team)

PacWest Player of the Week: Jessica Escorza (Jan. 19)

PacWest Freshman of the Week: Roya Rustamzada (Dec. 8, Jan. 12, Feb. 2, Feb. 9, Feb. 16, Mar. 2)

Team MVP: Jessica Escorza

Team Sportsmanship Award: Anna Viettry

Bill Westphal's Career Coaching Record: 338-171 (578-341 overall)

MEN'S TENNIS (12-11)

PacWest Tournament: Fourth Place (lost to BYUH in third place match)

Home: 9-7 Road: 2-2 Neutral: 1-2

Highest ITA National Ranking: 25th (Apr. 29)
Highest ITA Regional Ranking: 5th (Apr. 22)
PacWest Freshman of the Year: CJ Erion

PacWest All-Conference team: Andre Staab (first team-singles), Martin Blaho (second team-singles), Andre

Staab (first team-doubles), Daniel Milliken (second team-doubles) **PacWest Player of the Week:** Andre Staab (Mar. 3 & Apr. 14)

Team MVP: Andre Staab

Team Sportsmanship Award: Daniel Milliken

Coaches Award: Martin Blaho

Curt Wheeler's Career Coaching Record: 12-11 (first season at PLNU; first season overall)

WOMEN'S TENNIS (11-13)

PacWest Tournament: Consolation bracket champs (lost first, won next two)

Home: 8-6 Road: 1-5 Neutral: 2-2

Highest ITA National Ranking: 22 (Feb. 25) Highest ITA Regional Ranking: 6th (Feb. 18)

PacWest All-Conference team: Nikki Newell (second team-singles)

Team MVP: Nikki Newell & Regina von Koch **Team Sportsmanship Award:** Hillary Ramage

Coaches Award: Preethika Venugopal

Curt Wheeler's Career Coaching Record: 11-13 (first season at PLNU; first season overall)

OUTDOOR TRACK & FIELD (WOMEN'S)

PacWest Conference Finish: N/A (No conference meet this year)

Most Outstanding Track Athlete: Alexandra Hernandez Most Outstanding Field Athlete: Soliaana Faapouli

Most Improved: Janie Unkefer

Team Sportsmanship Award: Chloe Soremekun

MVP: Emily Loogman

School-records set: Soliaana Faapouli (Hammer Throw)
Head Coach Jerry Arvin: Completed his 20th season at PLNU

BASEBALL (33-18)

PacWest Conference: 19-13 (T-third place) Home: 18-9 Road: 15-7 Neutral: 0-2

Postseason: NCAA West Regional (0-2; lost to No. 1 Cal Poly Pomona and No. 5 UC San Diego)

Brett Tomko National Pitcher of the Year nominee: Coleman Huntley III

Daktronics All-West Region: Coleman Huntley III (first team)

All-PacWest Team: Anthony Torres (second team), Ryan Garcia (third team), AJ Derr (third team)

San Diego Hall of Champions Star of the Month: Devin Carter (Feb.), Ryan Garcia (April)

PacWest Player of the Week: Ryan Garcia (Mar. 23 & Apr. 6) PacWest co-Pitcher of the Week: Kevin Lillicrop (Mar. 23)

PacWest Newcomer of the Week: Devin Carter (Feb. 10), Coleman Huntley III (Mar. 16)

Team Offensive POY: Ryan Garcia **Team Defensive POY:** Tyler Baker

Team Pitcher of the Year: Kellen Sheppard **Newcomer of the Year:** Trevor Abshire

Team MVP: AJ Derr

Team Sportsmanship Award: Michael Randel

National Stat Leaders (top 30): Coleman Huntley III (1st - saves; 13); Ryan Garcia (17th - doubles; 21), (21st - doubles per game; 0.43); Tyler Baker (23rd - Triples; 5); Matt Jervis (29th - sac bunts; 10); Team (10th - double plays turned; 51), Team (10th - double plays per game; 1.00), Team (27th - shutouts; 5), Team (19th - walks allowed per/9; 2.78), Team (30th - fielding percentage; 0.969).

Joe Schaefer's Career Coaching Record: 243-166-1 (eight seasons)

Sea Lions knock off #1Alaska Anchorage in West Regional



ANCHORAGE - It is not often that the No. 1 team in the country gets upset in the first round of the NCAA Tournament but that is exactly what happened at the NCAA West Regional as Roya Rustamzada dribbled the length of the court and hit a twisting layup with 2.1 seconds left to help Point Loma knock off the No. 1 team in the country, Alaska Anchorage, 64-63 (Mar. 13).

UAA (29-2) rode a 20-game winning streak into the match but No. 8 seeded PLNU (20-11) started the game on a 14-0 run to quickly put the Seawolves on their heels and take the crowd of 2,518 out of the game early. The Sea Lions carried that momentum throughout the opening period, leading by as many as 19 before taking a 36-23 lead into halftime. PLNU shot 52 percent in the first period and 7-of-10 from 3-point range.

The second half would be a whole other story. The Sea Lions quickly had their double-digit lead erased as the Seawolves came out of halftime on an 8-0 run. PLNU never relinquished the lead though and pushed their advantage back to 12 points (58-46) with 3:44 left. However, UAA had one more run in them as they put on a 9-0 spurt capped off by a 3-pointer by Jenna Buchanan to take a 63-62 lead with just 9.1 seconds on the clock.

Coach Bill Westphal then called a timeout and told Rustamzada she would be getting the ball for the final shot. Rustamzada got the ball on the far side of the court, dribbled through the press and went to the basket from left to right. She faked a spin move and went to her right hand for a layup that floated over to defenders and into the hoop to put Point Loma in front 64-63 with just 2.1 left. UAA's final half court heave was not successful and the Sea Lions shocked the No. 1 team in the country.

"This was one of the most exciting games I have ever been in during my over 45 years of coaching," said PLNU head coach Bill Westphal. "I could not be more proud of our girls. We played our hearts out and came out one point ahead."

"When I saw they were guarding Jess (Escorza) I knew I had to take the ball in my hands," said Rustamzada. "I knew if I could just get past that first girl I'd be able to have poise and control and that is what I did."

Madison West had 17 points and six rebounds to lead PLNU. She was 7-of-13 from the field, including making some fantastic left-handed layups, and also added three treys. Jessica Escorza added 13 points and five assists. Riley Abraham pulled down a game-high nine rebounds to help PLNU match UAA with 41 boards on the night. Anna Viettry made just her second and third 3-pointers of the season for the Sea Lions but they could not have come at a better time. She also had a team-leading six assists.

"That was the perfect play to end the game," said PLNU senior guard Jessica Escorza about Rustamzada's game-winning layup. "I think Anchorage expected it to be me or Madi (West) to take the last shot, but that was the perfect call and there was no person better on the team to take that shot than Roya."

Megan Mullings, the GNAC Player of the Year, and Buchanan each scored 12 points to lead Alaska Anchorage. The Seawolves shot just 33 percent in the game and were 1-for-20 on their first 20 3-pointers before making their last three in a row.

This capped off the first round of the NCAA West Regional in which all four top seeds lost. UAA was not only the top seed in the NCAA West Region but the No. 1 team in the country. PLNU has now beaten the No. 1 and No. 2 ranked teams in the country this season. PLNU opened the year with a 63-60 over Cal Poly Pomona when the Broncos were ranked No. 2.

"This was an incredible atmosphere, playing in this arena with their fans as the underdog and the No. 8 seed; that is motivation in itself," said Escorza. "This is what we worked the entire season for. We are very motivated to prove to everyone that we are here to play and just as good as any other team in this tournament."

The Sea Lions are the 2014 PacWest Champions!



SAN DIEGO - The Sea Lions are your 2014 Pacific West Conference Champions! The Point Loma women's soccer team claimed the first PacWest Championship in the history of the school with a 5-0 shutout of Holy Names on Saturday, Nov. 1.

Five different student-athletes scored for the Sea Lions (12-2-0, 11-0-0 PacWest) which extended their PacWest winning streak to 11 matches as they earned the conference's automatic bid to the NCAA West Regional in the process. This is the first year the Sea Lions have ever been eligible for the NCAA postseason after officially becoming an active member in July.

"This is absolutely incredible," said Point Loma head coach Tim Hall. "They played really well all year and did what they needed to do at certain points of the year. I am so proud of them."

Point Loma got on the board early on a long goal by Dottie Rhoten in the sixth minute off an assist by senior Natalie Swift. This was the second straight match Rhoten has registered a goal.

Morgan Pearce and Michaela Maes each tacked on goals in the 30th and 36th minutes, respectively, to give Point Loma a 3-0 lead at halftime.

Tara Kracy extended the Sea Lions' lead to 4-0 with one of the year's most beautiful goals. After a missed PLNU attack the ball was put into the air and Pearce headed it back into the box to Kracy. Kracy set up with her back to the goal and went with the standing bicycle kick. The ball floated high over shoulder and over a leaping goal tender for the score.

The senior Swift got a goal of her own in the 75th minute off an assist from Perri Beck and Pearce. It was the fourth point of the day for both Swift and Pearce as each registered a goal and two assists.

PLNU also extended its shutout streak to eight and ran its consecutive minute shutout run to 744:21. Senior Lupe Herrera and sophomore Ariel Oriarte split time in goal but neither saw much action as the Sea Lions' defense locked down Holy Names (0-13-1, 0-9-1 PacWest) and held them without a shot in the match. Meanwhile, PLNU had 39 shots, including 14 shots on goal.

"Today I was very proud because we played consistent soccer for 90 minutes offensively and defensively," said Hall. "They kept a good level of discipline all game."

The Sea Lions took care of business at home to clinch the title in front of their fans. When the final buzzer went off the team soaked coach Hall in Gatorade and dogpiled on its three seniors.

"They are incredible girls," said Hall of the three seniors. "They are great players but they are better people. That to me is the most important part. They are so excited right now and you rarely get to experience this stuff in your lifetime, if ever, so for them to get this is huge. I am so excited for those girls."

The 2014-15 season was a year has been anticipated in the Point Loma Athletic Department since before the transition to NCAA Division II was announce. Coach Hall, like many of the Sea Lions' coaches had been strategically building to this point.

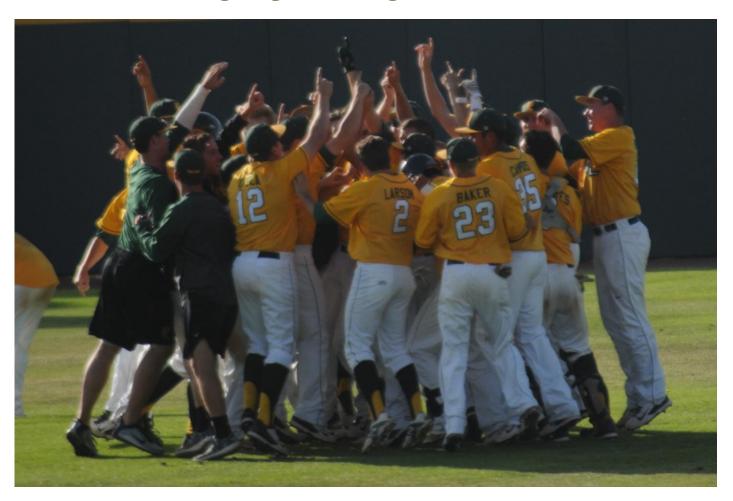
"When we decided to go NCAA Division II this is what our Athletic Director Ethan Hamilton said we were building for," Hall explained. "Not just administratively but with each team and the details in recruiting. It is not an exact science, we are fortunate and I thank God for the girls we have and the quality they are on and off the field. The timing has been incredible. You couldn't have written it up any better."

Even though it was a great moment to see every one celebrating on the pitch today coach Hall is not yet satisfied.

"There is so much more to go," explained Hall. "This thing is not over. We have Cal State San Marcos on Tuesday and California Baptist on Saturday and I am hoping this puts more fire into our team to go get those too."

This is PLNU's first women's conference championship since winning the Golden State Athletic Conference title in 2011 and just the second in the history of the women's soccer program.

The Sea Lions are going to the Big Dance!



SAN DIEGO - The Point Loma baseball team is going dancing! The Sea Lions grabbed the No. 6 seed in the NCAA West Regional after going 33-16 this season and tying for third place in the PacWest Conference (19-13) to earn an at-large bid. PLNU will face No. 1 seed and regional host Cal Poly Pomona in the first round of this six-team, double-elimination tournament on Thursday, May 14. First pitch is scheduled for 7:00 p.m.

PLNU had a historic run in the middle of the season when they set a school and PacWest record with 17 straight wins. That run helped Point Loma earn rankings in all four NCAA Regional polls. The Sea Lions came in No. 3 on the first two polls before dropping back to No. 6 in the final two polls as they hit a stretch where they lost seven of eight. The Sea Lions are a throwback style team relying on their pitching and defense. PLNU ranks third in PacWest with a 3.65 ERA and second with a .970 fielding percentage.

Cal Poly Pomona earned the No. 1 seed after winning the California Collegiate Athletic Association regular season and postseason titles. The Broncos went 39-14 on the season and 28-12 in conference. CPP was No. 6 in the country with a 2.83 ERA and it hit .288 as a team. Ryan Olson was 10-0 with a 1.54 ERA with 73 strikeouts in 70.1 innings to lead the Broncos staff.

The Sea Lions were one of four teams from the PacWest Conference to earn bids into the West Regional. Also grabbing spots from the PacWest were Azusa Pacific at No. 2, California Baptist at No. 3 and Dixie State at No. 4. UC San Diego of the CCAA out the West Region by grabbing the No. 5 seed. The winner of the NCAA West Regional will advance to the NCAA Division II World Series in Cary, N.C.