

# Intercollegiate Athletics ANNUAL REPORT 2023 – 2024

# **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 212 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 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 SALT (Student-Athlete Leadership Team) are areas that allow for student-athletes to enhance their experience through leadership growth opportunities.

# Intended Learning Outcomes

Program	Cognitive Complexity	Knowledge Acquisition, Integration & Application	Humanitarianism & Civic Engagement	Interpersonal & Intrapersonal Competence	Practical Competence
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 & SALT	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 PLNU Athletics Opening 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 examples of our student-athletes academic success and their assimilation of new ideas and perspectives (see Appendix B and C). A total of 184 PLNU student-athletes (out of 207) were honored as PacWest Conference All-Academic selections. That equates to 89% of all PLNU student-athletes claiming conference all-academic honors, which is the highest percentage since PLNU joined the PacWest Conference, topping the previous high of 86% set last year.

**Athletic Development** – Student-athletes engage with their coaches and teammates in constructive ways on a daily basis. This is accomplished through 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. PLNU ATHLETICS partnered with several groups in various capacities (i.e. local schools, Ocean Beach Second Chance Bread of Life Ministry, Casa Hogar de Belen Orphanage, SideOut Foundation, Wounded Warriors Foundation, Susan G. Komen Foundation, and others).

Campus Engagement – The Student-Athlete Leadership Team (SALT) involvement in campus engagement events also opens them up to new ideas and experiences within their own campus community. Last year's SALT group voted to add two positions on the SALT Executive Board. One charged with attending and campuswide student leadership meetings and being a liaison to ASB/SLAF (Student Life & Formation), and the other focused on Metal Health issues surrounding PLNU student-athletes.

**Student-Athlete Leadership** – SALT has created openness to new ideas and perspectives. A new "Director of Mental Health" board position was added to SALT. Throughout the year SALT provided leadership in supporting efforts to collaborate with the campus community, local community and charitable groups. These relationships provide the student-athlete a different perspective on how to help diverse organizations within their communities (see Appendix A).

# **Knowledge Acquisition, Integration, and Application**

**Spiritual Development** – We held two spiritual development events this 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. These events use the model established through our involvement with Fellowship of Christian Athletes (FCA). Individual teams also hold team bible studies, and other spiritually driven team functions (see Appendix A). Our teams also volunteer at various Christ-centered events and activities throughout the year including homeless ministries, church camps, orphanage visits, etc.

Academic Development – For the second consecutive year and the third time since joining the conference, PLNU won the PacWest Conference Academic Achievement Award. This marks the first time PLNU has claimed the award in back-to-back years. The Sea Lions accumulated a PacWest-best 3.52 GPA in 2023-24. For the ninth straight year, PLNU earned the prestigious NCAA President's Award for Academic Excellence with an overall student-athlete Academic Success Rate of 92%. This placed PLNU in the top 7% in the nation in that category out of 313 eligible schools. We work closely with professors to ensure school work and class misses are minimized due to athletic contests and we keep academics front and center for all student-athletes, with every effort being 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 every year since joining the NCAA. This year PLNU undergraduate student-athletes had a combined 3.49 GPA, which continued the trend of it being higher than the general student body GPA, 3.49 vs 3.44 (see Appendix B, C, 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 Leadership Team (SALT). 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 provided this experience to our student-athletes this year are Bread of Life Ministries, Susan G. Komen Foundation, Wounded Warriors Foundation and others (see Appendix A).

Campus Engagement - The Student Athlete Leadership Team (SALT) 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 Mental Health Awareness with Campus Wellness and participating in numerous events such as Lead Week, NSO, co-sponsored events with ASB, and move-in day for news students. SALT also works directly with ASB and SLAF to create, support, and participate in non-athletic club activities on campus (see Appendix A).

Student-Athlete Leadership - Two members of each PLNU athletic team represent their teammates within the PLNU Student Athlete Leadership Team (SALT). These SALT 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 SALT also represent the PacWest Conference as conference SAAC (Student-Athlete Advisory Committee) members and have input on national NCAA and conference-related issues. SALT 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** – In addition to conducting and leading their own bible studies and small worship groups, teams and individual student-athletes also actively volunteer and provide assistance for local outreach programs and area churches such as vacation bible schools, Young Life, Hope Ministries, Homeless 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 socioeconomic backgrounds blend together to form single cohesive and supportive units.

**Community Engagement** - PLNU student-athletes have partnered with Bread of Life Ministries, Susan G. Komen Foundation, Wounded Warriors Foundation and a variety of other programs (see Appendix A).

Campus Engagement - The Student Athlete Leadership Team 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 SALT, were a driving force in creating a mental wellness strategy for PLNU student-athletes that has become a model for the rest of the PacWest Conference and a test program for the greater university. SALT was also directly involved with events, projects and clubs on campus such as MOSAIC, NSO, the Disability Resource Center, Associated Student Body (ASB), school spirit initiatives, tutoring, and others (see Appendix A).

Student-Athlete Leadership – Two members of each athletic team represent their teammates within the PLNU Student Athlete Leadership Team (SALT). 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 SALT also represent the PacWest Conference on national NCAA and conference-related issues, including the Vice President of The PacWest Conference Student-Athlete Advisory Committee. 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 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. Spiritual development can be formal or informal through our Fellowship of Christian Athletes (FCA) Day and through personal mentorship. 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 occasionally miss class, the GPA Report of our student-athletes has been above 3.25 each year since PLNU joined the NCAA. And student-athlete GPA has consistently been higher than that of non-student-athletes for several years, 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 - PLNU Athletics is recognized as a leader in community service, having won the PacWest Conference Community Engagement Award multiple times over the past several years. Examples of community engagement over the past several years stretch from SideOut Foundation, Ocean Beach Second Chance Bread of Life Ministry, Susan G. Komen Foundation, ALS awareness, and the Wounded Warrior Foundation. Several PLNU teams also conduct youth sports camps and clinics within the local community. 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 including New Student Orientation (NSO), Fall Festival, FCA events, and various fundraising efforts to name a few. Admission to home games/matches is free for students, staff & faculty and members of those groups are often publicly recognized and celebrated during home games/matches. 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 Leadership Team (SALT) 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).

**Academic Development** - All student-athletes declare a major by their junior 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 partners with PLNU Career Services to provide career counseling and internship placement. We also regularly meet with student-athletes who wish to pursue a career in the sports industry beyond playing a sport and connect them with industry leaders and potential career opportunities.

**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).

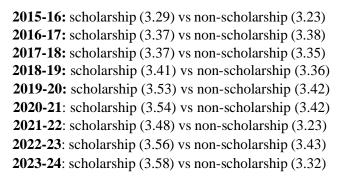
**Community Engagement** - Student-athletes involved in community engagement events spend time developing their communication and time management skills as they talk and spend time with different charities and disadvantaged individuals. Student-athletes involved in camps and clinics also use their communication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

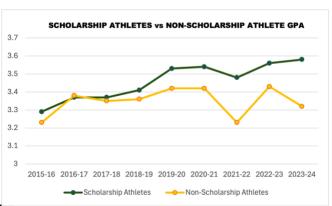
**Campus Engagement** - Student-athletes and SALT demonstrate their leadership skills when they are involved in campus engagement events. Leadership skills are used during New Student Orientation (NSO) as they help new students and their families acclimate to PLNU. Creation and promotion of campus outreach and other events through ongoing collaboration with ASB and SLAF 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 SALT 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. SALT's involvement in community and campus engagement provides opportunities for student-athletes to enhance their leadership skills (see Appendix A).

#### 2020-2021 Area Assessment

In 2023-24 Athletics evaluated the academic success of scholarship student-athletes vs non-scholarship student-athletes for the eighth 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:





**9-Year Avg:** scholarship (3.45) vs non-scholarship (3.33)

## **Use of Evidence of Learning**

The slight academic success gap between scholarship student-athletes and non-scholarship student-athletes has been fairly consistent over the last four years after seeing a much smaller gap over the previous four years. However, GPAs among the two groups have continued to be relatively similar, so 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. As a result, we plan to continue assessing these two groups.

#### 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 CSC, 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)



# Community Engagement Report



During the 2023-24 academic year Sea Lions student-athletes managed to engage in a wide variety of ways and made a significant impact.

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.

- Volleyball raised funds and awareness for the SideOut Foundation
- Women's Basketball participated in a beach cleanup event
- Baseball volunteered at the Susan G Komen Race for The Cure
- Track & Field members volunteered at Young Life Christian Ministries
- Athletics created awareness events with Military Services and Wounded Warrior Foundation

Some of the other 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

# **Sports Outreach Mission Trip to Costa Rica**



The PLNU women's basketball team hosted a basketball clinic and served at a local orphanage in Costa Rica. The Sea Lions hosted the clinic at Blue Valley School, where they were able to pass on more than just their basketball knowledge.

"The minute we got there, the kids ran out of the gym, just came sprinting over to us and embraced us," junior forward Maddie Mersch said. "They

immediately started chatting with us, and you could just see everyone's faces light up with reassurance. This is where we were supposed to be; this is what we were supposed to be doing."

The team also visited the orphanage Obras del Espíritu Santo, interacting with and putting smiles on the faces of everyone the met.

#### **Point Loma Association**



PLNU women's basketball team spent an afternoon volunteering for "I Love A Clean San Diego" Coastal Cleanup Day to help clean up the 50 acre Sunset Cliffs hillside park and 1.5 mile walking path that runs along Sunset Cliffs Boulevard, all the way north to Point Loma Avenue.



# Military & Wounded Warrior Project



PLNU Athletics partnered with local military groups including Wounded Warrior Project to host two signature Military Appreciation events, one each semester. Members of the military were honored

on the court at men's and women's basketball games in the fall and again on the field at a home baseball doubleheader in the spring. These events featured opportunities





for military and their families to meet PLNU student-athletes, be recognized pre-game and throughout the games. The baseball team wore camouflage hats in honor of the military during the doubleheader versus Chaminade University.



### **Disability Awareness**

PLNU Athletics partnered with Delta Alpha Pi and "Roll To Success" to host a Disability Awareness Day event at both a men's and women's



basketball game. Facts about disabilities were announced over the PA throughout game, a booth to raise funds for both organizations was on the concourse



the

before and during the game. Courtside seating was provided for VIPs with disabilities, including the Roll To Success Wheelchair Basketball organization. PLNU student-athletes competed along with the Roll To Success athletes in halftime wheelchair basketball games.

# SideOut Foundation



The PLNU Athletic Department partnered with Student Life & Formation to host volleyball's annual "Dig Pink" breast cancer awareness event as part of Renewal Week. The annual event

helps raise funds and awareness in the fight against breast cancer. The Sea Lions volleyball team



wore pink jerseys and pink bandanas were distributed to all fans in attendance. There was pink cotton candy, pink

lemonade, and Dunkin' provided pink frosted donuts all free of charge for students. SLAF also provided pink Crumbl cookies. There was pink sidewalk chalk in front of the gym for fans to write inspiring and memorial messages to friends and family affected by breast cancer. Breast cancer facts and information was mentioned throughout the match via public address announcements.





### Susan G. Komen Foundation



A big part of Point Loma Athletics' community outreach was focused on drawing attention to breast cancer awareness and raising funds to assist in the fight against the dreaded disease. In addition to volleyball's "Dig Pink" event, the Sea Lions baseball team

volunteered at the Susan G. Komen Race for the Cure, which has become an annual tradition for them.

The team provided labor for the event and were chosen to escort the breast cancer survivors during the Survivor's Parade and Opening Ceremonies.



# PLNU ATHLETICS COMMUNITY PARTNERS



The community involvement events above include the limited 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.

There is a much longer list of community partners in which PLNU student-athletes and the Athletic Department remain in contact with despite limited opportunities to serve this year. The intent is to continue these relationships once opportunities to safely do so are available. Here is a sample listing:

- SideOut Foundation
- Wounded Warrior Project
- Autism Tree Project
- Point Loma Association
- Sunset View Elementary
- Belen Orphanage (Mexico)
- PLNU New Student Orientation
- Susan G. Komen Walk for the Cure
- Delta Alpha Pi
- Bond Academic Center
- Sports Outreach
- Bread of Life Homeless Shelter

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. This past year has been a very frustrating one for so many of our student-athletes who were searching for opportunities to be hands- on within the community. However, they still managed to stay involved and even find new and unique ways to help. The depth and authenticity of their servants' hearts continue to amaze us on a daily basis!

# **Appendix B**



# **Academic Success & Graduation Rate Report**

# **Point Loma Nazarene University**

FRESHMAN-COHORT GRADUATION RATES	All Students	Student-Athletes #
2017-18 Graduation Rate	74%	57%
Four-Class Average	74%	71%
Student-Athlete Academic Success Rate		92%

# 1. Graduation-Rates Data

# a. All Students

	Men				Women	1			Total			
	2017-1	8 .	4-Class	6	2017-1	8	4-Class	6	2017-18	3	4-Class	3
	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	***	***	7	57	***	***	4	50	***	***	11	55
Asian	16	75	62	76	23	78	93	78	39	77	155	77
Black	0	-	12	58	7	86	25	68	7	86	37	65
Hispanic	44	70	184	65	81	65	347	73	125	67	531	70
Nat. Haw./PI	0	-	12	75	4	25	16	56	4	25	28	64
US N-R	***	***	11	91	***	***	10	60	***	***	21	76
Two or More	13	62	51	69	36	83	120	73	49	78	171	71
Unknown	***	***	10	50	***	***	17	71	***	***	27	63
White	133	68	479	68	253	80	937	80	386	76	1416	76
Total	210	69	828	68	408	76	1569	77	618	74	2397	74

# b. Student-Athletes

	Men						Women						Total					
	2017-18		4-Class		ASR		2017-18		4-Class		ASR		2017-18		4-Class		ASR	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Am. Ind./AN	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
Asian	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***	***
Black	0	-	0	-	***	***	0	-	0	-	***	***	0	-	0	-	***	***
Hispanic	3	33	6	67	18	78	3	67	15	80	32	94	6	50	21	76	50	88
Nat. Haw./PI	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
US N-R	***	***	***	***	12	92	***	***	***	***	4	100	***	***	***	***	16	94
Two or More	0	-	0	-	7	86	4	50	8	63	10	100	4	50	8	63	17	94
Unknown	0	-	***	***	***	***	0	-	***	***	***	***	0	-	***	***	***	***
White	7	43	20	50	67	88	17	65	52	77	88	99	24	58	72	69	155	94
Total	11	45	32	59	110	85	26	62	79	76	139	97	37	57	111	71	249	92

# c. Student-Athletes by Sport Category

	Baseball %-N		J	-	Men's Ba %-N	sketba	ill			Men's C %-N	C/Track	
	2017-18	4-Class A	SR		2017-18 4	-Class	ASR			2017-18	4-Class	ASR
Am. Ind./AN	1 -	-	-	Am. Ind./AN	-	-	-		Am. Ind./AN	-	-	-
Asian	-	0-a	67-a	Asian	-	-	-		Asian	-	-	-
Black	-	-	-	Black	-	-	50-a		Black	-	-	-
Hispanic	33 <b>-</b> a	33-a 8	30-b	Hispanic	-	100-a	100-a		Hispanic	-	-	-
Nat. Haw./Pl	-	-	-	Nat. Haw./PI	-	-	-		Nat. Haw./PI	-	-	-
US N-R	-	- 1	00-a	US N-R	-	-	-		US N-R	-	-	-
Two or More	<u>-</u>	- 1	00-a	Two or More	-	-	100-a		Two or More	-	-	-
Unknown	-	- 1	00-a	Unknown	-	-	-		Unknown	-	-	-
White	60-a	50-b 9	97-e	White	0-a	50-b	79 <b>-</b> c		White	-	-	-
Total	50-b	43-c 9	92-е	Total	0-a	57 <b>-</b> b	79-d		Total	-	-	-
	Football				Men's Ot	her						
	%-N				%-N							
	2017-18	4-Class A	SR		2017-18 4	-Class	ASR					
Am. Ind./AN	1 -	-	-	Am. Ind./AN	-	-	-					
Asian	_	_	_	Asian	-	_	-					
Black	-	-	-	Black	-	-	-					
Hispanic	-	-	-	Hispanic	-	100 <b>-</b> a	71 <b>-</b> b					
Nat. Haw./PI	[ -	-	-	Nat. Haw./PI	-	-	-					
US N-R	-	-	-	US N-R	100-a	100 <b>-</b> a	91 <b>-</b> c					
Two or More	<u> </u>	-	-	Two or More	-	-	0-a					
Unknown	-	-	-	Unknown	-	-	-					
White	-	-	-	White	-	50-a	83-е					
Total	-	-	-	Total	100-a	82-c	81-е					
	Women's	Basketh	all		Women's	CC/Ti	rack			Women'	s Other	
	%-N				%-N					%-		
	2017-18	4-Class	s ASR		2017-18	4-C	lass <i>A</i>	ASR		2017-18	4-Class	ASR
Am. Ind./AN	1 -	_	-	Am. Ind./AN	_	_	_		Am. Ind./AN	-	-	_
Asian	-	-	-	Asian	-	-	-		Asian	100-a	100-a	100-a
Black	-	-	-	Black	-	-	-		Black	-	-	-
Hispanic	100-a	33 <b>-</b> a	a 67-a	Hispanic	-	100-a	a 1	00-с	Hispanic	50-a	90-b	93-с
Nat. Haw./PI	[ -	-	0-a	Nat. Haw./PI	-	100-a	a 1	00-a	Nat. Haw./PI	-	-	-
US N-R	-	-	100-a	US N-R	0-a	0-a	1	00-a	US N-R	-	-	100-a
Two or More	<u> </u>	-	100-a	Two or More	-	50 <b>-</b> a	1	00-a	Two or More	50-a	67-b	100-a
Unknown	-	-	-	Unknown	-	-	-		Unknown	-	100-a	100-a
White	67-a	86-b	100-b	White	67-a	75 <b>-</b> c	9	7-е	White	64-c	76-е	100-е
Total	75-a	70-b	o 88-d	Total	50-a	72 <b>-</b> d	9	8-е	Total	61 <b>-</b> d	78-е	98-е

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

# ${\bf 2.~Undergraduate\text{-}Enrollment~Data~(All~full\text{-}time~baccalaureate\text{-}degree~seeking~students~enrolled~2023-24)}$

a. All Students	Men	Women	Total	b. Student-athletes #	Men	Women	Total
	$\mathbf{N}$	N	$\mathbf{N}$		N	N	N
Am. Ind./AN	4	5	9	Am. Ind./AN	0	0	0
Asian	70	116	186	Asian	2	6	8
Black	24	24	48	Black	3	0	3
Hispanic	201	454	655	Hispanic	10	17	27
Nat. Haw./PI	1	4	5	Nat. Haw./PI	0	0	0
US N-R	11	23	34	US N-R	3	3	6
Two or More	81	159	240	Two or More	3	6	9
Unknown	26	40	66	Unknown	2	1	3
White	535	1020	1555	White	24	55	79
Total	953	1845	2798	Total	47	88	135

# 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	1
Black	3	0	0	0	0
Hispanic	0	4	0	0	6
Nat. Haw./PI	0	0	0	0	0
US N-R	0	0	0	0	3
Two or More	1	1	0	0	1
Unknown	0	1	0	0	1
White	6	13	0	0	5
Total	10	20	0	0	17

Women

	Basketball	CC/Track	Other
Am. Ind./AN	0	0	0
Asian	1	1	4
Black	0	0	0
Hispanic	1	5	11
Nat. Haw./PI	0	0	0
US N-R	1	0	2
Two or More	3	2	1
Unknown	0	0	1
White	8	22	25
Total	14	30	44

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



# NCAA DIVISION II GRADUATION RATES INSTITUTION REPORT INFORMATION

#### Introduction.

This information sheet and the NCAA Division II Graduation Rates Institution Report have been prepared by the NCAA, based on data provided by member institutions in compliance with NCAA Bylaw 7.8.2.1 (Admissions and Graduation-Rate Disclosure) and the federal Student Right-to-Know Act. Please note, the NCAA will make this report public.

The Graduation Rates Institution Report gives graduation information about the most recent six-year graduating class of students and student-athletes who entered as freshmen in 2017-18. 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 study for their baccalaureate degree; and

# 2. Student-Athletes.

Student-athletes who received athletics aid from the school for any period during their entering year. [Note: Athletics aid is a grant, scholarship, tuition waiver or other assistance from a college or university that is awarded based on a student's athletic 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 (i.e., walk-ons), as well as student-athletes who transferred into an institution, received athletics aid or were on the roster at the start of the championship season their first year at the institution. Both the Federal Graduation Rate and the ASR subtract 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 embark on a religious mission). In addition, the ASR subtracts those who left the institution prior to graduation, but 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., 2017-18) and four-class Federal Graduation Rate (i.e., 2014-15 through 2017-18) for all students and for student-athletes who received athletics aid at this school. Additionally, this box provides ASR data (i.e., 2014-15 through 2017-18) for 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, anytime a cell containing cohort numbers includes only one or two students, the data in that cell and one other will be suppressed so that no individual can be identified.)

# a. All Students.

This section provides the freshman-cohort graduation rates for all full-time, degree-seeking students by race or ethnic group. It shows the rate for men who entered as freshmen in 2017-18 and the four-class average, which includes those who entered as freshmen in 2014-15, 2015-16, 2016-17 and 2017-18. The same rates are provided for women. The total for 2016-17 is the rate for men and women combined,

and

the four-class average is for all students who entered in 2014-15, 2015-16, 2016-17 and 2017-18.

#### b. Student-Athletes.

This section provides the freshman-cohort graduation rates and the ASR for student-athletes in each race and ethnic group who received athletics aid. 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 2023 fall term and the number of men and women in each racial or ethnic group (not just freshmen).

NCAA Division II Graduation Rates Institution Report Information February 13, 2024 Page No. 3

b. <u>Student-Athletes</u>.

This section identifies how many student-athletes were enrolled and received athletics aid for the 2023-24 academic year, and the number of men and women in each racial or ethnic group.

c. <u>Student-Athletes by Sports Categories</u>. 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



# 2023-24 ATHLETICS GPA REPORT

12:02 Thursday, May 30, 2024

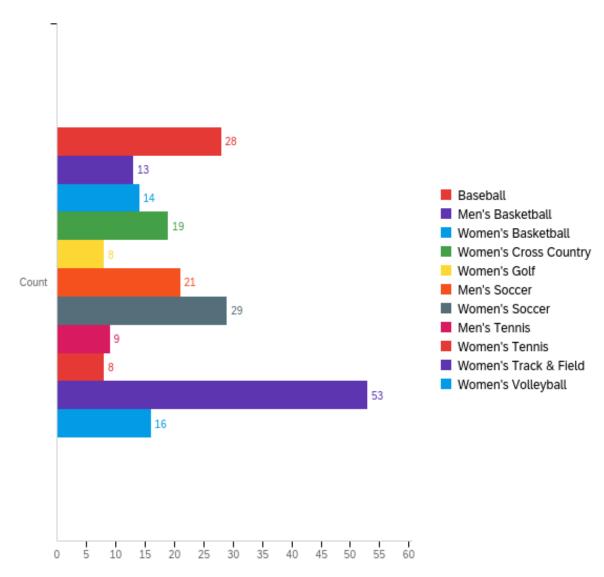
	Fall 2023 Enrolled	Fall 2023 Average Term GPA (Weighted)	Spring 2024 Enrolled	Spring 2024 Average Term GPA (Weighted)	AY 2023-24 Enrolled (Unduplicated)	AY 2023-24 Average Term GPA (Weighted)
Total Students	3,136	3.43	2,978	3.46	3,369	3.45
Total Non-Athletes	2,929	3.43	2,774	3.46	3,159	3.44
Male Non-Athletes	984	3.33	951	3.34	1,059	3.34
Female Non-Athletes	1,945	3.48	1,822	3.52	2,099	3.50
Total Athletes	207	3.49	204	3.48	210	3.49
Male Athletes	69	3.38	71	3.39	71	3.39
Baseball	25	3.45	25	3.53	25	3.49
Basketball	11	3.15	11	3.12	11	3.13
Soccer	26	3.31	27	3.28	27	3.29
Tennis	7	3.75	8	3.71	8	3.73
Female Athletes	138	3,55	133	3.53	139	3.54
Basketball	15	3.73	14	3.50	15	3.62
Cross-Country	21	3.50	20	3.52	21	3.51
Golf	5	3.41	6	3.05	6	3.20
Soccer	31	3.62	31	3.69	31	3.65
Tennis	8	3.58	8	3.64	8	3.61
Track	64	3.47	62	3.52	64	3.49
Volleyball	15	3.60	12	3.50	15	3.55
Scholarship Athletes	136	3.57	134	3.58	137	3.58
Non-Scholarship Athletes	71	3.34	70	3.29	73	3.32

# Appendix D POINT LOMA ATHLETICS Combined

**Team Surveys** 

# 2023-2024 Athletic Department Survey

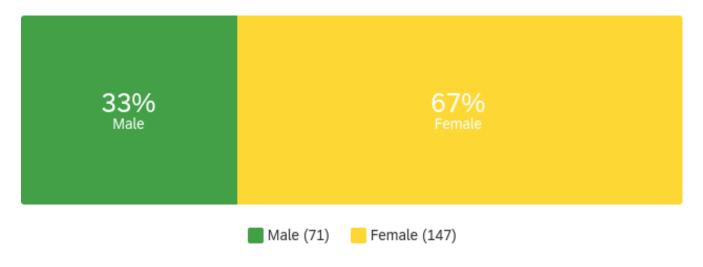
# Q1 - Sport (Choose one)



#	Answer	%	Count
1	Baseball	12.84%	28
2	Men's Basketball	5.96%	13
3	Women's Basketball	6.42%	14
4	Women's Cross Country	8.72%	19
5	Women's Golf	3.67%	8

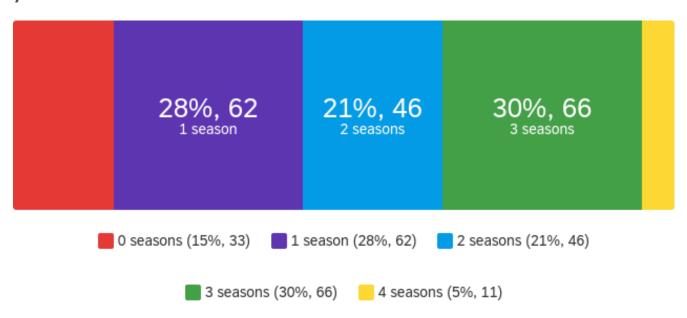
6	Men's Soccer	9.63%	21
7	Women's Soccer	13.30%	29
8	Men's Tennis	4.13%	9
9	Women's Tennis	3.67%	8
10	Women's Track & Field	24.31%	53
11	Women's Volleyball	7.34%	16
	Total	100%	218

# Q2 - Gender



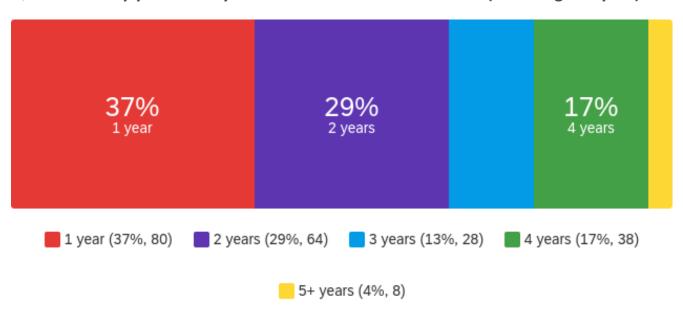
#	Answer	%	Count
1	Male	32.57%	71
2	Female	67.43%	147
	Total	100%	218

Q3 - How many seasons have you used (including this year)? Do not count your Covid year.



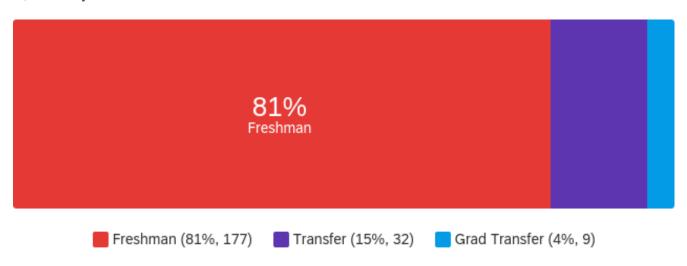
#	Answer	%	Count
1	0 seasons	15.14%	33
2	1 season	28.44%	62
3	2 seasons	21.10%	46
4	3 seasons	30.28%	66
5	4 seasons	5.05%	11
	Total	100%	218

# Q4 - How many years have you been a PLNU Student-Athlete (including this year)?



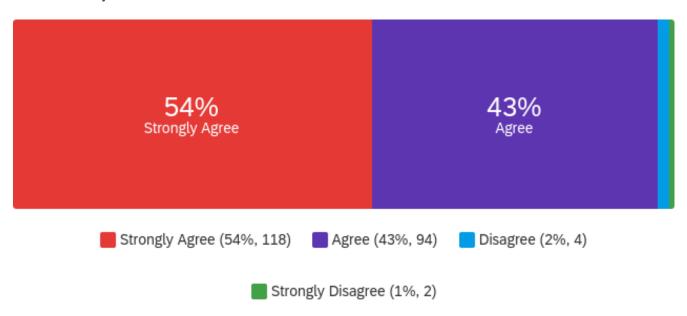
#	Answer	%	Count
1	1 year	36.70%	80
2	2 years	29.36%	64
3	3 years	12.84%	28
4	4 years	17.43%	38
5	5+ years	3.67%	8
	Total	100%	218

# Q5 - Did you come to PLNU as a



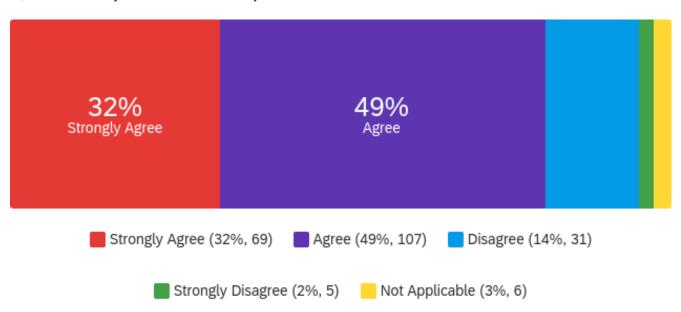
#	Answer	%	Count
1	Freshman	81.19%	177
2	Transfer	14.68%	32
3	Grad Transfer	4.13%	9
	Total	100%	218

Q6 - The Sports Medicine Clinic is equipped with ample resources and was a professional and sanitary environment.



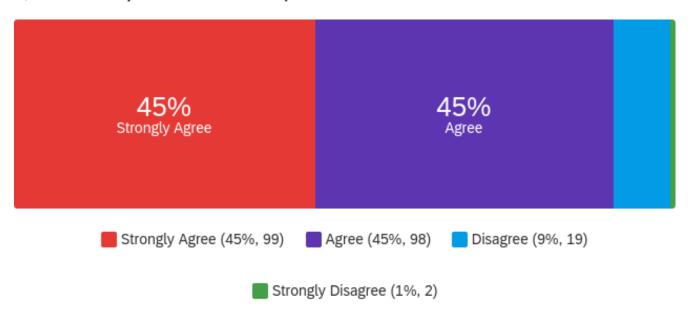
#	Answer	%	Count
1	Strongly Agree	54.13%	118
2	Agree	43.12%	94
3	Disagree	1.83%	4
4	Strongly Disagree	0.92%	2
	Total	100%	218

# Q8 - I trust my team doctors to provide the best care for me.



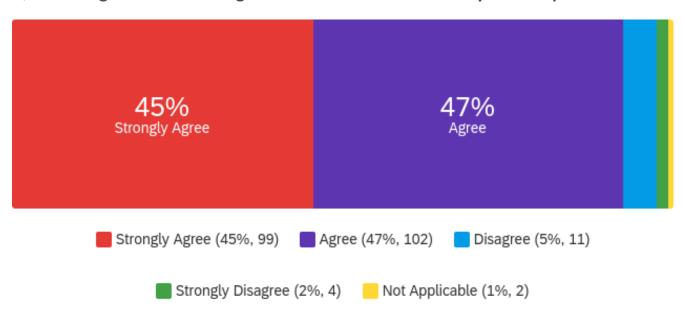
#	Answer	%	Count
1	Strongly Agree	31.65%	69
2	Agree	49.08%	107
3	Disagree	14.22%	31
4	Strongly Disagree	2.29%	5
5	Not Applicable	2.75%	6
	Total	100%	218

Q10 - I trust my Athletic Trainer to provide the best care for me.



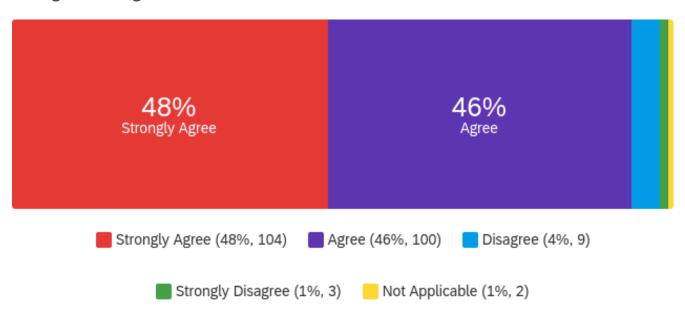
#	Answer	%	Count
1	Strongly Agree	45.41%	99
2	Agree	44.95%	98
3	Disagree	8.72%	19
4	Strongly Disagree	0.92%	2
	Total	100%	218

# Q12 - Strength & Conditioning sessions were beneficial to my athletic performance.



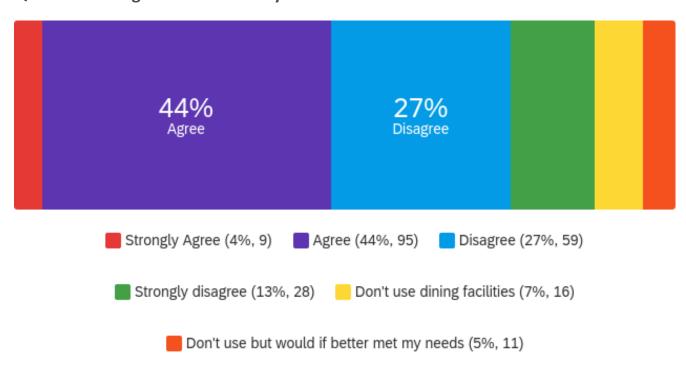
#	Answer	%	Count
1	Strongly Agree	45.41%	99
2	Agree	46.79%	102
3	Disagree	5.05%	11
4	Strongly Disagree	1.83%	4
5	Not Applicable	0.92%	2
	Total	100%	218

Q14 - The Sports Performance staff appropriately educated me on the purpose of strength training.



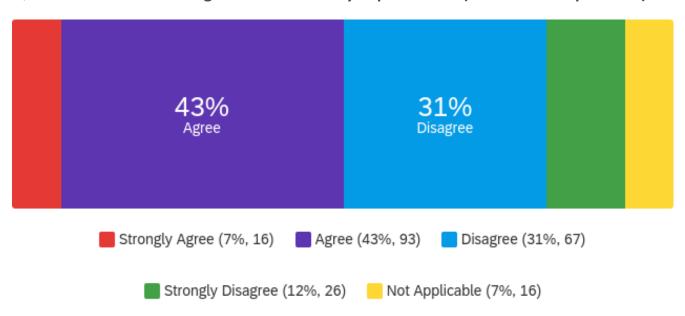
#	Answer	%	Count
1	Strongly Agree	47.71%	104
2	Agree	45.87%	100
3	Disagree	4.13%	9
4	Strongly Disagree	1.38%	3
5	Not Applicable	0.92%	2
	Total	100%	218

Q16 - The dining facilities meet my nutritional needs.



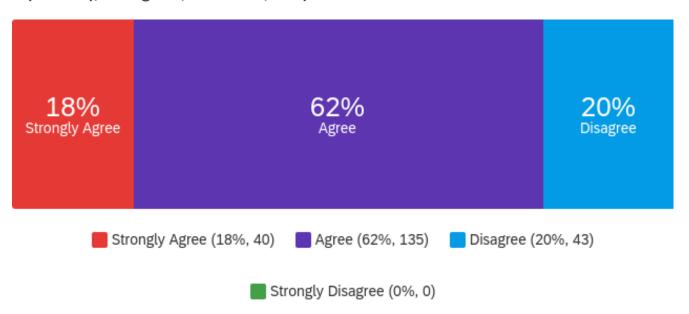
#	Answer	%	Count
1	Strongly Agree	4.13%	9
2	Agree	43.58%	95
6	Disagree	27.06%	59
7	Strongly disagree	12.84%	28
8	Don't use dining facilities	7.34%	16
9	Don't use but would if better met my needs	5.05%	11
	Total	100%	218

Q18 - Access to our dining facilities meet my expectations (i.e. hours of operation).



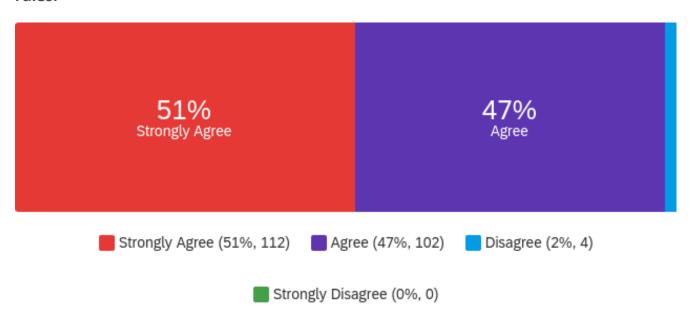
#	Answer	%	Count
1	Strongly Agree	7.34%	16
2	Agree	42.66%	93
3	Disagree	30.73%	67
4	Strongly Disagree	11.93%	26
5	Not Applicable	7.34%	16
	Total	100%	218

Q20 - I believe others on campus are aware of our athletic website and social media (i.e., X (Twitter), Instagram, Facebook, etc.).



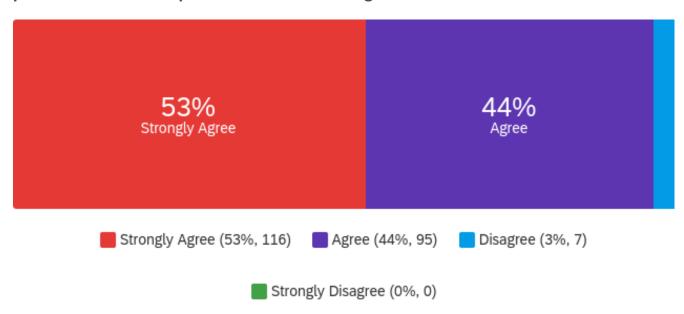
#	Answer	%	Count
1	Strongly Agree	18.35%	40
2	Agree	61.93%	135
3	Disagree	19.72%	43
4	Strongly Disagree	0.00%	0
	Total	100%	218

# Q22 - I have been educated properly by the PLNU Athletic Department regarding NCAA rules.



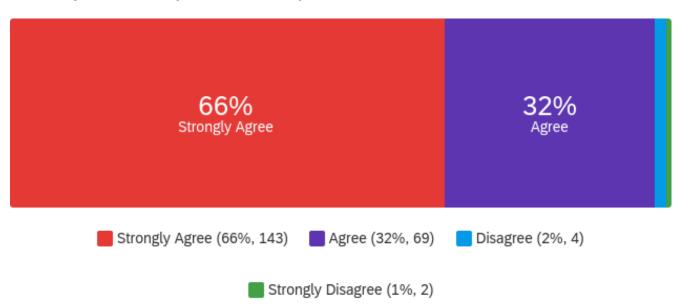
#	Answer	%	Count
1	Strongly Agree	51.38%	112
2	Agree	46.79%	102
3	Disagree	1.83%	4
4	Strongly Disagree	0.00%	0
	Total	100%	218

Q24 - PLNU professors were willing to work with me regarding missed class time and provided me with helpful academic counseling.



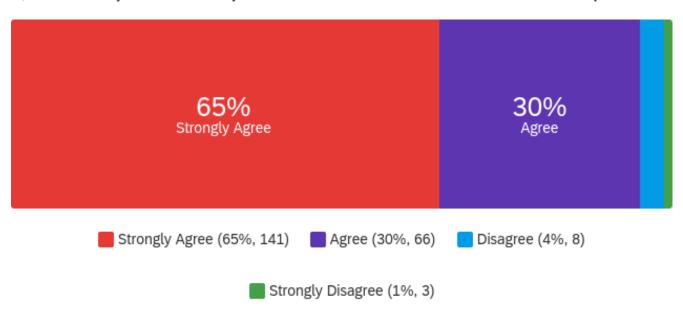
#	Answer	%	Count
1	Strongly Agree	53.21%	116
2	Agree	43.58%	95
3	Disagree	3.21%	7
4	Strongly Disagree	0.00%	0
	Total	100%	218

Q26 - My coaches emphasized the importance of academics.



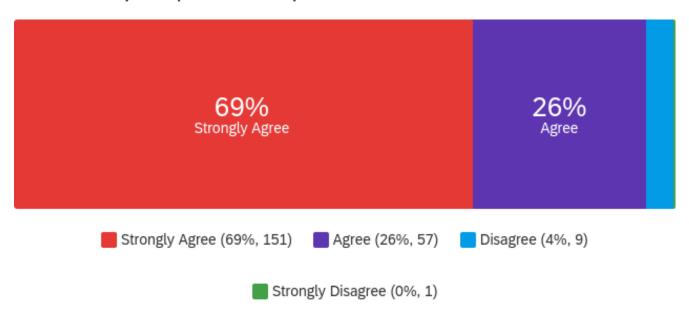
#	Answer	%	Count
1	Strongly Agree	65.60%	143
2	Agree	31.65%	69
3	Disagree	1.83%	4
4	Strongly Disagree	0.92%	2
	Total	100%	218

Q28 - I feel my Coaches really care about me both as a student-athlete and person.



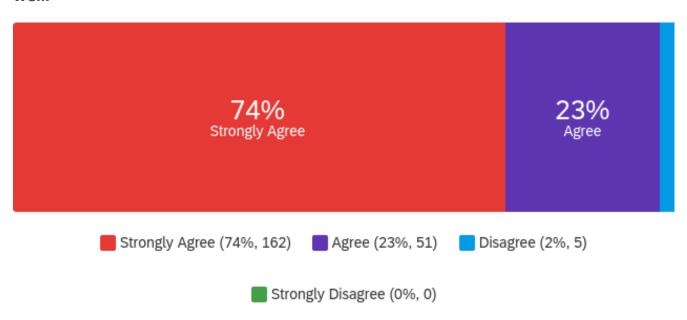
#	Answer	%	Count
1	Strongly Agree	64.68%	141
2	Agree	30.28%	66
3	Disagree	3.67%	8
4	Strongly Disagree	1.38%	3
	Total	100%	218

Q30 - My Coaches are knowledgeable about my sport and are good at teaching me the skills necessary to improve and compete.



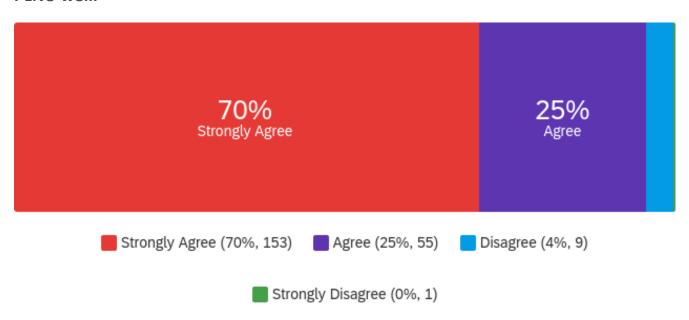
#	Answer	%	Count
1	Strongly Agree	69.27%	151
2	Agree	26.15%	57
3	Disagree	4.13%	9
4	Strongly Disagree	0.46%	1
	Total	100%	218

Q32 - My Head Coach consistently models appropriate behavior and represents PLNU well.



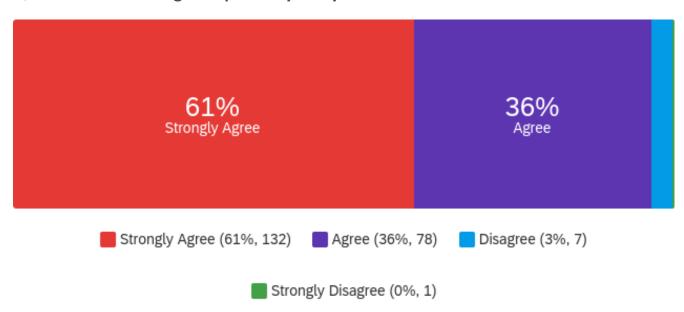
#	Answer	%	Count
1	Strongly Agree	74.31%	162
2	Agree	23.39%	51
3	Disagree	2.29%	5
4	Strongly Disagree	0.00%	0
	Total	100%	218

Q34 - My Assistant Coach(es) consistently model appropriate behavior and represent PLNU well.



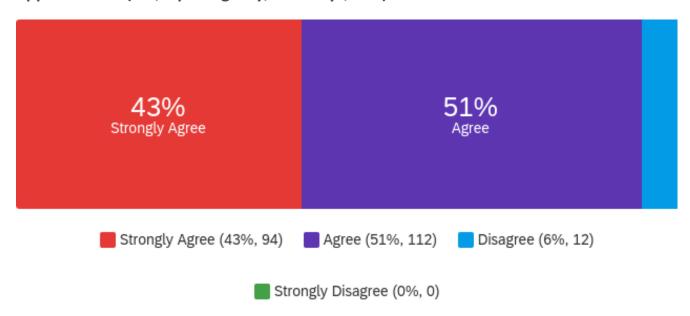
#	Answer	%	Count
1	Strongly Agree	70.18%	153
2	Agree	25.23%	55
3	Disagree	4.13%	9
4	Strongly Disagree	0.46%	1
	Total	100%	218

Q36 - I felt our team grew spiritually this year.



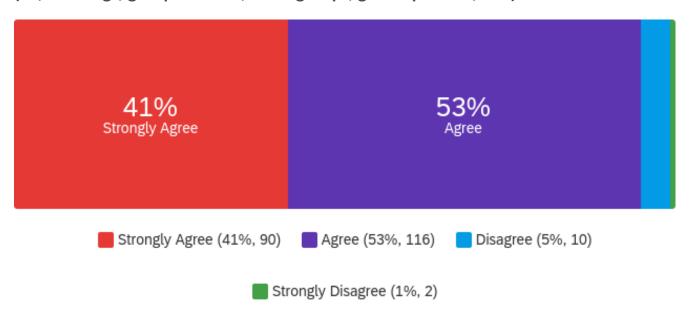
#	Answer	%	Count
1	Strongly Agree	60.55%	132
2	Agree	35.78%	78
3	Disagree	3.21%	7
4	Strongly Disagree	0.46%	1
	Total	100%	218

Q38 - The Athletic Department encouraged my spiritual growth through various opportunities (i.e., Opening Day, FCA Days, etc.).



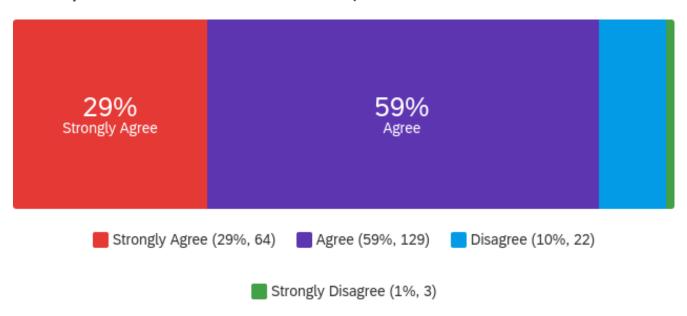
#	Answer	%	Count
1	Strongly Agree	43.12%	94
2	Agree	51.38%	112
3	Disagree	5.50%	12
4	Strongly Disagree	0.00%	0
	Total	100%	218

Q40 - I believe the University and Athletics care about my emotional and mental health (i.e, meetings, group sessions, focus groups, guest speakers, etc.).



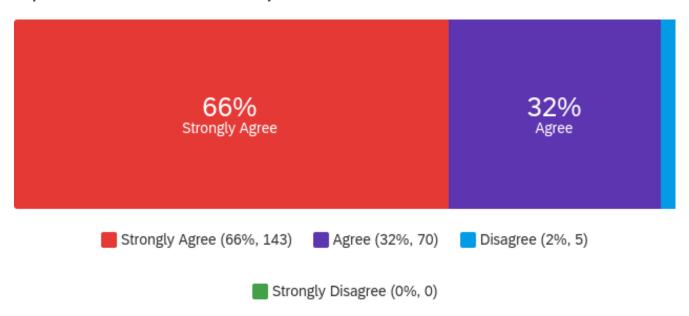
#	Answer	%	Count
1	Strongly Agree	41.28%	90
2	Agree	53.21%	116
3	Disagree	4.59%	10
4	Strongly Disagree	0.92%	2
	Total	100%	218

Q42 - I believe the University cares about broader topics/including (gender issues, ethnic diversity & sexual orientation related issues).



#	Answer	%	Count
1	Strongly Agree	29.36%	64
2	Agree	59.17%	129
3	Disagree	10.09%	22
4	Strongly Disagree	1.38%	3
	Total	100%	218

Q44 - 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	65.60%	143
2	Agree	32.11%	70
3	Disagree	2.29%	5
4	Strongly Disagree	0.00%	0
	Total	100%	218

# Appendix E POINT LOMA ATHLETICS

**Missed Class Report** 

# 2023 Fall - Missed Class Report

<u>Sport</u>	Total Days Miss Fall 2023	Total Days Missed Fall 2022
Volleyball	7 full days, 1 half days, 2 quarter days	6 full days, 2 half days, 5 quarter day
Women's Soccer	9 full days, 3 half days, 2 quarter day^	5 full days, 10 half days, 1 quarter days*
	^Missed 3 full days and 1 half day due to postseason participation in the NCAA Regional Tournament	
	* Missed 6 full days to participate in Hawaii matches, 3 full days in Washington matches, and 3 full days and 1 half day due to postseason participation in the NCAA Regional Tournament	
Men's Soccer	8 full days, 4 half day, 2 quarter days	4 full days, 1 half days, 6 quarter days
Women's Tennis	3 full days	3 full days
Men's Tennis	7 full days#, 1 half	7 full days#
	# Missed 4 full days due to qualifying for ITA National Championship	
Women's Golf	6 full days	9 full days
Cross Country	4 full days, 2 half day, 1 quarter days+	6 full days, 1 half day, 3 quarter days+
	+ Missed 3 full days, 1 half day, and 1 quarter day due to postseason participation	
Women's Basketball	6 full days	2 full days, 1 quarter day
Men's Basketball	2 quarter days	4 full days, 2 half days, 3 quarter day

# This report compares FA23 and FA22.

Criteria used to calculate total numbers of missed days

- 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.

# 2024 Spring - Missed Class Report

Sport	Total Days Miss Spring 2024	Total Days Missed Spring 2023
Men's Basketball	7 full days, 0 half days, 5 quarter days	6 full days*, 2 quarter days
	*Missed 4 full days due to postseason participation Tournament	on in PacWest Conference Tournament and NCAA
Women's Basketball	10 full days^, 2 half days, 3 quarter day	6 full days*, 4 half days, 4 quarter days
	*Missed 4 full days due to postseason participation in PacWest Conference Tournament or NCAA Regional Tournament ^Missed 2 full days due to postseason participation in NCAA Regional Tournament	
Baseball	15 full days, 2 half day, 1 quarter days	12 full days, 3 half days, 1 quarter day
Women's Tennis	9 full days%, 3 half days, 3 quarter days	10 full days <sup>#</sup> , 5 half days, 3 quarter days
	%Missed 3 full days due to postseason participation in PacWest Conference Tournament #Missed 6 full days due to postseason participation in PacWest Conference Tournament and NCA. Regional Tournament	
Men's Tennis	7 full days%, 4 half days	6 full days*, 4 half days, 4 quarter days
	%Missed 3 full days due to postseason participation in PacWest Conference Tournament *Missed 4 full days due to postseason participation in PacWest Conference Tournament or Regional Tournament	
Women's Golf	12% full days, 1 half day	11 full days**
	%Missed 3 full days due to postseason participation in PacWest Conference Tournament **Missed 3 full days due to postseason participation in PacWest Conference Tournament	
Track and Field	3\$ full days, 1\$ half day	4 full days
	\$1 full day and 1 half day for PacWest Championships	

# This report compares SP24 and SP23.

Criteria used to calculate total numbers of missed days

- 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.

# Appendix F



# **Annual Year-End Review**

#### 2023-24 TEAM STANDINGS & AWARDS

## NCAA Regional Qualifiers:

Women's Soccer, Men's Soccer, Volleyball, Women's Cross Country, Women's Basketball, Baseball, Men's Tennis, Women's Tennis

## **PacWest Conference Champions:**

Women's Soccer, Men's Soccer, Volleyball, Men's Basketball, Baseball

#### **NCAA National Qualifiers:**

Anessa Chirgwin (Women's Track & Field)

#### **PacWest Player of the Year:**

Scott Anderson (Baseball)

#### PacWest Coach of the Year:

Kristi Kiely (Women's Soccer), Phil Wolf (Men's Soccer), Jonathan Scott (Volleyball)

#### PacWest Freshman of the Year:

Nikki Ross (Women's Soccer), Tyce Paulsen (Men's Basketball)

#### **PacWest Defender of the Year:**

Emma Thrapp (Women's Soccer), Milo Libby (Men's Soccer)

#### PacWest Newcomer of the Year:

Juan Salazar (Men's Soccer), Zack Paulsen (Men's Basketball)

#### PacWest Goalkeeper of the Year:

Finn Simmersbach (Men's Soccer)

#### PacWest Pitcher of the Year:

Dylan Miller (Baseball)

#### **All-PacWest Selections:**

58

#### PacWest All-Academic Selections:

184

#### All-Americans:

Emma Thrapp (Women's Soccer), Abigail Nua (Volleyball), Anna Massari (Volleyball), Scott Anderson (Baseball), Dylan Miller (Baseball), James Sashin (Baseball), Amanda Letzring (Women's Tennis)

#### Academic All-America® Selections:

Scott Anderson (Baseball)

#### **NCAA Elite 90 Award Winner:**

Naomi Ellis (Women's Soccer)

#### PLNU IN THE PACWEST AND THE NCAA

The 2023-24 year for PLNU Athletics was one for the record books, both in competition and in the classroom.

PLNU Women's Soccer won the school's first NCAA national championship in any sport, as eight of Point Loma's 11 teams qualified for NCAA West Regionals, a new department record.

Point Loma won a department record five PacWest Conference championships (men's soccer, women's soccer, volleyball, men's basketball, baseball) and finished second in the Bob Hogue Commissioner's Cup standings.

The Sea Lions also claimed the PacWest Academic Achievement Award for the second straight year and third time overall, posting a 3.52 GPA. A department record 184 Sea Lions earned PacWest All-Academic honors.

Men's Soccer won its first conference title in its program history before picking up its first ever NCAA postseason victory, while Volleyball claimed its first ever PacWest championship.

PLNU Men's Basketball and Baseball both won a third-straight PacWest regular season title, while Women's Soccer's conference crown was its fourth in five seasons.

Baseball won the first ever PacWest Tournament, while women's basketball and women's tennis tied their best conference finishes since joining the NCAA.

Women's Soccer (17-3-1 overall) won the national championship after finishing the season on an 11-game winning streak. The team outscored its opponents 9-0 in five

postseason games in route to winning the program's first ever West Regional and national titles. Emma Thrapp was named the NCAA Championships Most Outstanding Player after earning All-American honors. She also became PLNU's first PacWest Female Athlete of the Year.

Baseball (46-13-1 overall) advanced to the NCAA Division II World Series for the second time in three seasons after winning the West Regional championship. Scott Anderson became PLNU's third straight PacWest Player of the Year and won nearly every individual award offered by the conference, including PacWest Male Athlete of the Year and PacWest Male Scholar-Athlete of the Year.

Men's Soccer (13-5-1 overall) achieved a pair of program firsts in winning its first conference title ever and advancing to the NCAA Super Region 4 Second Round for the first time.

Volleyball (21-7 overall) started PacWest play a perfect 16-0, its best start to a conference season in program history. The Sea Lions finished their PacWest schedule with an 18-2 record to win their first PacWest championship and earn their second ever trip to the NCAA West Regional.

Men's Basketball (21-9 overall) continued its PacWest dynasty with its third consecutive regular season conference crown and fourth in the past five seasons.

Women's Tennis made a third straight NCAA West Regional appearance after earning the No. 1 seed at the PacWest Championships and hosting a regional match for the first time in program history. Men's Tennis made back-to-back regional appearances for the first time.

Women's Basketball made its first NCAA West Regional appearance since 2016-17 after posting its best PacWest finish since that season and reaching a third straight conference tournament semifinal.

Women's Track & Field was represented at the NCAA Championships by Anessa Chirgwin, who placed 10th in the discus throw and earned USTFCCCA All-West Region honors. Peyton Yoshida repeated as conference pole vault champion.

# 2023-24 Point Loma Athletics Summary

# Volleyball (21-7)

PacWest Record: 18-2 (First place)
Home: 11-2 Road: 9-2 Neutral: 1-3

Postseason: NCAA West Regional First Round

**Highest National Ranking:** 24th (November 6 - AVCA)

PacWest Coach of the Year: Jonathan Scott

**All-PacWest:** Abigail Nua, Anna Massari, Torina Hommes, Claire Smith, Grace Hicks **PacWest Player of the Week:** Bailey Williams (Oct. 24), Torina Hommes (Sep. 26)

PacWest Defender of the Week: Anna Massari (Sep. 26)

**PacWest All-Academic Team:** Sophia Baugh, Brooke Hanshumaker, Gabby Hicks, Grace Hicks, Torina Hommes, Mariah Hughes, Anna Massari, Lauren Phillips, Macy Reynolds, Claire

Smith, Bailey Williams, Maggie Wolf

PacWest Stat Leaders: Anna Massari (1st in blocks 135, 1st in blocks per set 1.31)

National Stat Leaders: Anna Massari (8th in blocks per set), Anna Massari (13th in total

blocks)

**Jonathan Scott Career Coaching Record:** 157-106 (10th season at PLNU)

# Women's Soccer (17-3-1)

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

**Postseason:** NCAA National Champions, NCAA West Regional Champions **Highest National Ranking:** 1st (December 12 - United Soccer Coaches)

All-PacWest: Bethany Arabe, Alana Diaz, Naomi Ellis, Emma Thrapp, Nikki Ross, Mara Sovde,

Mackenzie Kimmel, Jensen Shrout, Nicki Friedman PacWest Defender of the Year: Emma Thrapp PacWest Freshman of the Year: Nikki Ross PacWest Coach of the Year: Kristi Kielv

PacWest Defender of the Week: Emma Thrapp (Sep. 14), Julia Pinnell (Oct. 4)

**PacWest All-Academic Team:** Bethany Arabe, Molly Bachman, Kienna Chescoe, Natalie Clouse, Zoe Crockett, Alana Diaz, Naomi Ellis, Nicki Friedman, Alyssa Ketcham, Mackenzie Kimmel, Lilliana Larez, Emma Majors, Alexa Morris, Grace Nelson, Julia Pinnell, Jordyn Rodriguez, Nikki Ross, Olivia Shaw, Jensen Shrout, Mara Sovde, Caitlin Sparks, Emma Thrapp, Jillian Tubbs

PacWest Scholar Athlete of the Year Sport Specific: Naomi Ellis

**PacWest Stat Leaders:** Alana Diaz (Shots on goal, 29 and 1.71 per game), Bethany Arabe (Assists, 8 and .381 per game)

**National Stat Leaders:** Emma Thrapp (14th, game winning goals, 5) Nicki Friedman (26th, game winning goals, 4) Julia Pinnell (26th, Goalie minutes played, 1775:21), Julia Pinnell (Goals

Against Average, GA: 8, GAA: 0.406), Julia Pinnell, (7th, Save percentage, .881), Julia Pinnell (6th Shutouts, 12), Bethany Arabe (31st, total assists, 8)

**Kristi Kiely's Career Coaching Record:** 142-41-20 (77-15-10 sixth season at PLNU, 11th season overall)

## **Men's Soccer (13-5-1)**

PacWest Conference: 8-1-1 (First place)
Home: 6-0-1 Road: 6-4 Neutral: 1-1

**Highest National Ranking:** Receiving Votes (December 12 - United Soccer Coaches)

Postseason: NCAA Super Region 4 Second Round

All-PacWest Team: Juan Salazar, Felix Calero, Milan Diklic, Marlon Buck, Milo Libby, Finn

Simmersbach, Kupa'a Fernandez, Matthew Abangan, Austin Lavell, Gael Ruiz

PacWest Coach of the Year: Phil Wolf

PacWest Newcomer of the Year: Juan Salazar
PacWest Goalkeeper of the Year: Finn Simmersbach

PacWest Defender of the Year: Milo Libby

PacWest Player of the Week: Austin Lavell (Sep. 14), Marlon Buck (Oct. 17), Elijah Langford

(Sep. 19)

PacWest Defender of the Week: Milo Libby (Oct. 4)

**PacWest All-Academic Team:** Matthew Abangan, Marlon Buck, Christopher Burgos Lara, Juan Diaz, Ryan Doyle, Reggie Duce, Niko Kaczmarczyk, Milo Libby, London Lombana, Zachary Mercieca, James Metcalfe, Oliver Padilla, Gavin Raskulinecz, Simon Sagal, Juan Salazar, Tanner Wrzeski

PacWest Scholar Athlete Sport Specific: Matthew Abangan

**PacWest Stat Leaders:** Juan Salazar (Assists, 8 and .421 per game), Juan Salazar (Shots on Goal, 25 and 1.32 per game)

**National Stat Leaders:** Juan Salazar (33rd, Assists per game, .42), Juan Salazar (27th, Shots per game, 3.32), Juan Salazar (23rd, total assists, 8).

Phil Wolf Career Coaching Record: 226-103-40 (106-74-23 in 12 seasons at PLNU; 20th overall)

# Women's Golf

PacWest Championships: Fifth place (942, +78)
Highest National Ranking: 21st WGCA (Sept. 1st)

All-PacWest Team: Kiara Hernandez, Raquel Prado, Wilma Merenmies

PacWest Golfer of the Week: Kiara Hernandez (October 4)

PacWest All-Academic Team: Bella Gunasayan, Wilma Merenmies, Raquel Prado, Patrizia

Schaefer, Haley Wong

Lance Hancock coaching record: Completed seventh season at PLNU

# Men's Basketball (21-9)

PacWest Conference: 15-5 (1st place) Home: 10-4 Road: 9-4 Neutral: 2-1

**Highest National Ranking:** No. 11 (NABC Preseason)

Highest Regional Ranking: 6th (Feb. 19 - D2SIDA Media Poll)

D2CCA All-West Region Team: Zack Paulsen (Second Team)

PacWest Newcomer of the Year: Zack Paulsen PacWest Freshman of the Year: Tyce Paulsen

All-PacWest Team: Zack Paulsen, Coby Barnes, Wynton Brown

PacWest Player of the Week: Zack Paulsen (Mar. 2)

PacWest Men's Basketball Scholar Athlete of the Year: Zack Paulsen

PacWest All-Academic Team: Coby Barnes, Nick Carlson, Matur Dhal, Jake Lifgren, Jaden

Matingou, Zack Paulsen, Luke Smith

PacWest Stat Leaders: Zack Paulsen (1st in minutes per game – 37.2)

National Stat Leaders: Zack Paulsen (17th in minutes per game – 37:11)

Justin Downer Career Coaching Record: 21-9 overall (15-5 PacWest, first season)

# Women's Basketball (18-13)

PacWest Conference: 13-7 (Third)
PacWest Championships: Semifinals
Home: 9-3 Road: 6-7 Neutral: 3-3

Postseason: First Round

**Highest Regional Ranking:** 7th (final NCAA regional rankings) **All-PacWest Team:** Tavia Rowell, Ellie Turk, Eiley Tippins

**PacWest All-Academic Team:** Kate Bobadilla, Allie Carreon, Allie Cummings, Hannah Golan, Elle Hanson, Maddie Mersch, Grace Moawad, Alyssa Munn, Shayla O'Neil, Tavia Rowell, Katie

Scott, Annika Thayer, Eiley Tippins, Ellie Turk

PacWest Stat Leaders: Tavia Rowell (1st in points per game, 15.2)

Charity Elliott Career Coaching Record: 336-335 (50-42 third season at PLNU, 23rd overall)

# Men's Tennis (13-9)

Home: 8-4 Road: 3-2 Neutral: 2-3

**PacWest Championships:** 5th Place (2-1 at tournament)

PacWest Conference: Fourth Place

Postseason: NCAA West Regional First Round Highest ITA National Ranking: 21st (Feb. 17) Highest NCAA Regional Ranking: Fourth (May 29)

All-PacWest Singles Team: Alexander Leischner, Andrew Suver, David Strassburger

All-PacWest Doubles Team: Alexander Leischner, David Strassburger

PacWest Scholar Athlete of the Year (Sport Specific): Alexander Leischner

ITA West Regional Singles Runner Up: Alexander Leischner

ITA West Regional Doubles Runner Up: Nabeel Khan and Alexander Leischner PacWest Player of the Week: Elias Weeks (April 2), Nabeel Khan (April 16)

**PacWest All-Academic Team:** Leo Bormann, Tyler Davis, Nabeel Khan, Finn Kirschner, Alexander Leischner, Matt Melosch, Lukas Schuster, David Strassburger and Andrew Suver

**Curt Wheeler's Career Coaching Record:** 103-103 (10th season)

# Women's Tennis (17-5)

Home: 11-0 Road: 4-3 Neutral: 2-2

PacWest Tournament: 3rd place (2-1 at tournament)
Postseason: NCAA West Regional First Round
Highest ITA National Ranking: 17th (Mar. 20)

Highest NCAA Regional Ranking: 2nd (May 6)

All-PacWest Singles Team: Amanda Letzring, Arianna Audelo, Quin Brady

All-PacWest Doubles Team: Arianna Audelo, Thelma Sepulveda

PacWest Player of the Week: Quin Brady (Mar. 19)

ITA Singles All-American: Amanda Letzring

ITA West Region Most Improved Player: Amanda Letzring

PacWest All-Academic Team: Arianna Audelo, Quin Brady, Jazlyn Miyamura, Amanda

Letzring, Thelma Sepulveda, Anna Pallencaoe, Emely Valencia, Melissa Zirkle

Curt Wheeler's Career Coaching Record: 133-84 (10th season)

# **Cross Country (Women)**

PacWest Championships: 4th place (115)

Postseason: NCAA West Regionals (11th place, 315)
All-PacWest Team: Aubrie Nex, Maddie Reeves
PacWest Runner of the Week: Aubrie Nex (Oct. 2)

PacWest All-Academic Team: Grace Anderson, Jenna Bernath, Ryley Burns, Emma

Fredekind, Bree Gentry, Mikayla Horning, Kellis Hein, Molly Kerns, Hannah Livingston, Chelsea Ochoa, Aubrie Nex, Eliana Perks, Maddie Reeves, Sarah Pratt, Faith Rocha, Jordan Roby

Elizabeth Satterlee, Kadyn Rolleri

Head Coach Landon Bright: Completed his 2nd season at PLNU

#### Outdoor Track & Field

PacWest Conference Championships: 6th (82 points)
USTFCCCA All-West Region: Anessa Chirgwin (discus)
PacWest Individual Champions: Peyton Yoshida (pole vault)

**All-PacWest Performers:** Peyton Yoshida (1st – pole vault), Anessa Chirgwin (Second – discus), Eva Koutelieris (Second - pole vault), Aubrie Nex (Second – 1500m), Nica Zsiros (3rd - Heptathlon)

PacWest Track Athlete of the Week: Anessa Chirgwin (Mar. 19)

PacWest All-Academic Team: Grace Anderson, Jenna Bernath, Millie Bledsoe, Ryley Burns, Brianne Camarena, Rowan Cebulski, Brynn Celani, Joann Chaimuang, Anessa Chirgwin, Reagan Cole, Jocelyn Contreras, Sarah Cox-Barden, Madeleine Dekkers, Rylee Flanagan, Emma Fredekind, Bree Gentry, Lillian Gomez, Danielle Gould, Blanca Granados, Macey Groves, Katherine Heekin, Mikayla Horning, Cianna Jones, Taylor Keomuangtai, Eva Koutelieris, Ella Lamp, Hannah Livingston, Aubrie Nex, Chelsea Ochoa, Eliana Perks, Sarah Pratt, Maddie Reeves, Jordan Roby, Elizabeth Satterlee, Madison Simmers, Helena Simms,

Makenna Sullivan, Hannah Thomas, Isabella Tocci , Sophia Von Gierke, Ava Wangen, Madelynn Worley, Lola Wright, Peyton Yoshida, Nica Zsiros

Head Coach Jerry Arvin: Completed his 29th season at PLNU

#### **Baseball (46-13-1)**

PacWest Conference: 25-6-1 (First place)
Home: 21-3-1 Road: 15-6 Neutral: 10-4
Postseason: NCAA Championships

Highest National ranking: 4th (June 12) - NCBWA 3rd (May 20) ABCA

Highest Regional Ranking: 1st (Apr. 30)

**ABCA All-American:** James Sashin (second team), Scott Anderson (third team) **NCBWA All-American:** James Sashin (First Team) Scott Anderson (Third Team)

**D2CCA West Region Player of the Year:** Scott Anderson **ABCA West Region Player of the Year:** Scott Anderson

ABCA West Region All-Defensive Team: Scott Anderson and Jack Malone

NCBWA West Region Player of the Year: Scott Anderson

CSC Academic All-America®: Scott Anderson (First Team), Dylan Miller (First Team)
ABCA All-West Region Team: Scott Anderson (first team), Eric Smelko (first team), Dylan Miller (first team), James Sashin, (first team), Esai Santos (second team), Jake Entrekin (second team)

**NCBWA All-West Region Team:** Scott Anderson (first team), Eric Smelko (first team), Dylan Miller (first team), James Sashin, (first team), Esai Santos (second team), Jake Entrekin (second team)

**D2CCA All-West Region Team:** Esai Santos (first team), Scott Anderson (first team), Eric Smelko (first team), Dylan Miller (first team), James Sashin (first team), Jake Entrekin (second team)

PacWest Player of the Year: Scott Anderson

PacWest Male Athlete of the Year: Scott Anderson

PacWest Pitcher of the Year: Dylan Miller

**All-PacWest Team:** Esai Santos, Scott Anderson, Eric Smelko, Jake Entrekin, James Sashin, Dylan Miller, Bryson Hashimoto, Hunter Otjen, Austyn Coleman, Christian Williams, Ray Cebulski

NCBWA Regional Player of the Week: Esai Santos (Apr. 4), James Sashin (May. 26) PacWest Player of the Week: Scott Anderson (Apr. 22), Esai Santos (Apr. 4), Eric Smelko (Mar. 19), Jake Entrekin (Feb. 20)

PacWest Pitcher of the Week: James Sashin (Mar. 25)

**PacWest All-Academic Team**: Scott Anderson, Jeffrey Barber, Tommy Burleson, Ray Cebulski, Austyn Coleman, Cole Colleran, Josh Combs, Miller Durham, Jake Entrekin, Jesse Espinoza, JJ Gerarden, Bryson Hashimoto, Connor Hill, Branden Jackel, Kaden Lewis, Derek Lukes, Jack Malone, Owen May, Dylan Miller, Max Montplaisir, Hunter Otjen, Ethan Pope, Will Pope, Seth Ryberg, Esai Santos, Michael Sarhatt, Eric Smelko, Christian Williams

**PacWest Stat Leaders:** Scott Anderson (Hits, 89), Scott Anderson (runs batted in, 66), Scott Anderson (Grounded into DP, 8), Eric Smelko (runs scored, 64), Esai Santos (At bats, 234),

Jack Malone (walks, 41), Jack Malone (stolen bases, 29), Dylan Miller (innings pitched, 108.0), Dylan Miller (batters struck out, 97), Dylan Miller (batters SO looking, 35), Dylan Miller (Wins, 12), James Sashin (Saves, 21), Joey Nicolai (putouts, 378), Joey Nicolai (total chances, 406) Scott Anderson (assists, 173),

National Stat Leaders: Dylan Miller (games started -17- 3rd), Scott Anderson (Hits -60- 20th), Scott Anderson (total bases - 154- 21st), James Sashin (Saves - 18- 1st), James Sashin (pitching appearances - 30 - 3rd) Christian Williams (Pitching appearances - 29- 9th), Dylan Miller (Strikeouts - 97 - 18th), Dylan Miller (Victories - 12 - 3rd), Ray Cebulski (Victories - 10 - 15th), Austyn Coleman (Victories - 17 - 22nd) Eric Smelko (toughest to strikeout - (K.Avg))14.3 - 27th)

**Justin James' Career Coaching Record:** 164-89-1 (sixth season)



ANDERSON MAKES HISTORY AS MALE SCHOLAR ATHLETE OF THE YEAR
Tim Heiduk, Associate Ahletic Director for Communications
Baseball
Posted: 7/11/2024 3:24:00 PM
(SAN DIEGO) PLNU Baseball shortstop <u>Scott Anderson</u> has now won every top individual honor offered by the PacWest Conference.

Anderson was announced on Thursday as the PacWest Male Scholar Athlete of the Year, wrapping up his historic final season on The Point.

He is the first Sea Lion ever to be named the conference's Male Athlete of the Year and Male Scholar Athlete of the Year in the same season.

History in the making

Scott Anderson is @ThePacWest Male Scholar Athlete of the Year.

He becomes the first student-athlete in @PLNU history to earn the award in the same season as being voted PacWest Male Athlete of the Year#GoSeaLions pic.twitter.com/gPYT91PwWH

- PLNU Sea Lions (@PLNUSeaLions) July 11, 2024

Anderson, who was previously voted the PacWest Player of the Year in baseball, is the second-straight Sea Lion to receive the conference's Male Scholar Athlete of the Year award.

Alexander Leischner (men's tennis) earned the honor a year ago, as voted on by conference athletic directors.

Anderson, the PacWest Scholar Athlete of the Year in baseball, beat out six other candidates, including three other Sea Lions, who represented their respective sports.

@PLNUScal.ions Scott Anderson is the PacWest Male Scholar Athlete of the Year. Anderson has won so many awards this year, to keep them all straight go to the story at https://t.co/3f1zll.19hH. pic.twitter.com/KoP01muCVo

- PacWest Conference (@ThePacWest) July 11, 2024

The Carlsbad native possesses a 4.0 GPA in his Master of Administration program after completing his undergraduate degree in computer science with a 3.71 GPA.

The All-American shortstop batted .392 this season with 15 home runs and 66 RBIs. He finishes his PLNU career as the program's all-time leader in hits and RBIs.

Earlier this month, Anderson received CSC Academic All-America® First Team honors, a year after being named to the Academic All-America® Third Team. Coppright ©2025 PLNU Athletics

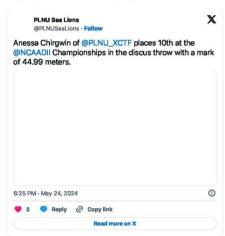


CHIRGWIN FINISHES IN THE TOP-10 AT NATIONALS Tim Heiduk, Associate Athletic Director for Communications Track & Field Posted: \$252024 12:04:00 AM RESULTS

(EMPORIA, Kan.) Anessa Chirgwin finished her stellar Sea Lions career with a 10th place finish in the discus throw at the NCAA Championships on Friday.

"It was a good day and Anessa competed very well," Head Coach <u>Ierry Arvin</u> said. "I'm truly proud of her performance and how she represented Point Loma today and over the past four years."

Competing at nationals for the second time, Chirgwin entered the meet with the 18th best mark in all of NCAA Division II but moved up eight spots to earn a top-10 finish.

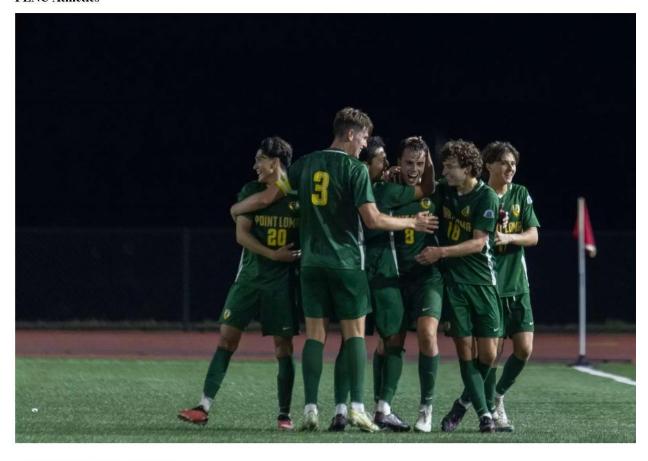


Chirgwin's mark of 44.99 meters had her just miss out on a place in the finals, with the top-nine throwers receiving three extra attempts.

The program record holder improved her mark in each of her three throws on the day.

"School records are hard to come by and school record holders will always be missed," Arvin said. "Anessa will be very hard to replace, not just as a thrower but as a great teammate and a strong team leader who's committed to the spiritual growth of her teammates."

The meet officially marks the end of Arvin's illustrious coaching tenure, with the PLNU Hall of Famer retiring after coaching on The Point since 1994. Copyright ©2025 PLNU Athletics



PLNU BEATS SFU FOR FIRST NCAA POSTSEASON WIN Tim Helduk, Associate Afhletic Director for Communications Men's Soccer Posted: 11/16/20/3 10:28:00 PM (LOS ANGELES) PLNU Men's Soccer continues to make program history.

After winning a first conference championship last week, 10th-seeded Point Loma captured its first-ever NCAA postseason victory on Thursday night with a 3-1 triumph over seventh-seeded Simon Fraser in the Super Region 4 First Round.

"It's a progression," Head Coach Phil Wolf said. "You win your first trophy and then you go to the NCAA Tournament and try to win a game there. It's a good progression and a good step forward."

Eelix Calero opened the scoring in just the seventh minute, heading in a Juan Salazar free kick into an empty net for Point Loma's first-ever NCAA postseason goal.

Felix Calera scores PLNU Men's Soccer's first-ever goal in the NCAA Super Region 4 playoffs.

- @LAGoldenEagles pic.twitter.com/rZ6VVJfTGZ
- PLNU Sea Lions (@PLNUSeaLions) November 17, 2023

Finn Simmersbach, then maintained PLNU's lead with a penalty kick save before SFU ultimately found an equalizer in the 38th minute.

PK SAVE

Finn Simmersbach blocks a Simon Fraser spot kick to maintain PLNU's 1-0 lead. pic.twitter.com/NxHnM0H5lo

— PLNU Sea Lions (@PLNUSeaLions) November 17, 2023

"Simon Fraser is a good team," Wolf said. "When we went up 1-0, the game changed. We couldn't quite keep controlling them in the way that we were wanting to. They came back 1-1 and now it's a game.

"I'm really proud that we showed some resilience and I am super happy for the result."

The Sea Lions threatened to retake the lead just seconds before the halftime whistle blew, as Ream Doyle's shot was saved straight into the path of Austin Lavell, whose follow-up was stopped for a corner.

Point Loma then pushed forward in the second half, with Zachary Mercieca wrecking havoc on the right wing and multiple shots just missing the target.

PLNU was finally rewarded for its efforts in the 76th minute, when Calero beat his defender toward the byline and pulled a ball back for Marion Buck to finish and put the Sea Lions back in front.

LEAD RESTORED

Marlon Buck scores in the 76' to put PLNU Men's Soccer back ahead 2-1 in the NCAA Super Region 4 First Round. pic. twitter.com/10w3DHTDxz

- PLNU Sea Lions (@PLNUSeaLions) November 17, 2023

Mercieca then grazed the far post with a shot before Buck sealed the deal with his second goal of the night just 10 minutes after his first.

The Sea Lions won the ball back off a Red Leafs' goal kick, as Mercieca then slipped Buck through at goal to slot past the keeper.

BUCK DOES IT AGAIN

PLNU takes a 3-1 lead over SFU. pic.twitter.com/xr84uvZlhX

PLNU Sea Lions (@PLNUSeaLions) November 17, 2023

<sup>&</sup>quot;The timing on the second goal between Felix and him was magical," Wolf said. "Obviously sliding that last one through was massive. He's had a really good year and has been one of our top guys. I'm super impressed by him. He's a great kid and a really good player."

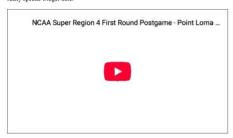
PLNU saw the rest of the game out to become the first PacWest men's soccer team to win in the NCAA postseason since Cal Baptist in 2017.

Onto the Second Round @ pic.twitter.com/sLobrGDzY2

- PLNU Sea Lions (@PLNUSeaLions) November 17, 2023

Wolf lauded the impact of Mercieca, who sparked PLNU's attack in the second half.

\*Zach was probably the next most influential player after Marlon and Felix, \*Wolf said. \*Austin Lovell did really well as well, but Zach's pace unnerves a team and he's only a freshman. As we begin to grow his game, he has the chance to be a really special winger here.\*



Point Loma (13-4-1 overall) now advances to the second round on Saturday to take on No. 2 seed Cal State LA, who beat the Sea Lions 3-1 on Sep. 16 in a closely-contested matchup.

"The biggest thing is just recovery because that wasn't an easy game and it was an open game," Wolf said. "Now you have to play LA. They're the best in the business so it's going to be a tough ask but I wouldn't count us out."

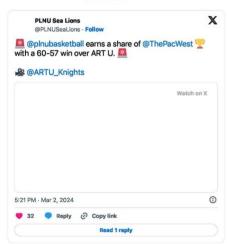
Kickoff on Saturday at Cal State LA is scheduled for 6 p.m. Copyright ©2025 PLNU Athletics



PLNU CLINCHES THIRD-STRAIGHT PACWEST TITLE
Tim Heiduk, Associate Athletic Director for Communications
Meris Basketball
Posted: 3/2/2024 11:07:00 PM
(SAN FRANCISCO) PLNU Men's Basketball clinched its third-straight PacWest championship, and fourth in the past five seasons, with a 60-57 road win at Academy of Art on the final day of the regular season.

Point Loma (20-8 overall, 15-5 PacWest) entered the day a game behind ART U (20-8, 15-5) in the conference standings and needing a win to earn a share of the conference crown.

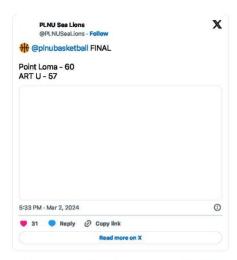
The Sea Lions did just that, as Winton Brown's block on a game-tying 3-point attempt sealed a seemingly improbable PacWest title for the Sea Lions and earned PLNU the No. 1 seed in next week's conference tournament hosted by Point Loma.



As impressive as its last two PacWest titles were - closing the 2021-22 regular season with 11-straight wins and going a perfect 20-0 in conference play in 2022-23 - this year's championship might stand above the rest.

With a brand new coaching staff and an entirely new starting five, Point Loma was picked to finish fourth in the PacWest Preseason Poll.

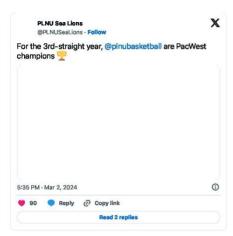
But despite the roster turnover, two key returners who never saw the court because of injury and multiple season-ending injuries to starters during the season, the Sea Lions defied the odds and still found itself atop the conference standings.



Smith (17 points, 13 rebounds), Barnes (17 points, 8 rebounds) and Zack Paulsen (16 points) all scored in double figures for the Sea Lions, with Paulsen scoring 14 of his 16 points in the second half.

PLNU, winners of 20-plus games for the sixth-consecutive season, receive a first-round bye in the PacWest Championships and will advance straight to Friday's semifinals, where the Sea Lions will take on the winner of Thursday's First Round matchup between fourth-seeded Biola and fifth-seeded Hawai's Hilo.

Tip-off on Friday is scheduled for 2:45 p.m.



Point Loma showed it was ready for the moment on Saturday, scoring the first five points of the game and leading by as many as nine after a Luke Smith triple with 7:36 left in the half.

Despite leading for most of the first 20 minutes, PLNU trailed by one at the half after a last-second ART U 3-pointer beat the buzzer.

The teams then traded the lead seven times in the second half in a back-and-forth affair.

With the game tied late in the second half, Point Loma went on a crucial 9-0 run, as Smith and <u>Coby Barner</u> each knocked down a triple to help PLNU lead by nine with 1:55 to play.

The Urban Knights then fought back to within two before a Barnes free throw put the Sea Lions up by three.

That set the stage for Brown's game-sealing block in the closing seconds that capped off a stellar defensive performance from Point Loma, who limited ART U to just 30.0% shooting from the field and only one made 3-pointer in the second half.



PLNU LEADS PACWEST WITH FIVE SCHOLAR ATHLETES OF THE YEAR

Tim Heiduk, Associate Athletic Director for Communications
Awards & Honors
Posted: 6/28/2024 3:35:00 PM
(SAN DIEGO) Point Loma had five student-athletes voted PacWest Scholar-Athletes of the Year in their respective sports, as announced by the conference on Friday.

That number is the most of any school in the conference this year and just one behind PLNU's school record of six set in 2018-19 and 2019-20.

Reigning PacWest Male Scholar-Athlete of the Year Alexander Leischner earns the honor in men's tennis for the second-straight year, while Matthew Ahangan (men's soccer) receives the recognition for the second time.

Scott Anderson (baseball), Zack Paulsen (men's basketball) and Naomi Ellis (women's soccer) also earned top honors in their sports.

Leischner holds a 4.0 GPA as a junior mathematics major. He had another stellar season on the tennis court, earning First Team All-PacWest honors in singles and Second Team All-PacWest recognition in doubles.

At the fall ITA West Regional, Leischner finished as runner-up in both singles and doubles. This spring, he held an 11-5 overall record at No. 1 singles.

Abangan, who also earned the award in 2020-21, completed his Master of Arts in Organizational Leadership with a perfect 4.0 GPA after earning a 3.69 undergraduate GPA in Business Administration.

The Second Team All-PacWest defender played in 18 games and 1,255 minutes for the Sea Lions this season, playing a key part in a backline that led the PacWest during conference play with a 0.80 goals against average. Abangan helped PLNU win its first conference tille in program history.

Anderson holds a 4.0 GPA in his MBA program after finishing his undergraduate degree in computer science with a 3.71 GPA. This spring, he led Point Loma to a third-straight PacWest championship and a second West Region title in three years to book another trip to the NCAA Division II World Series.

The shortstop earned several individual awards this season, including PacWest Male Athlete of the Year, PacWest Player of the Year, West Region Player of the Year (D2CCA, ABCA, NCBWA) and All-American (D2CCA, ABCA, NCBWA).

Paulsen has a 3.94 GPA in his Master of Arts in Organizational Leadership program. In his first year on The Point, he made an immediate impact with First Team All-PacWest and Second Team D2CCA All-West Region honors.

The PacWest Newcomer of the Year averaged 15.3 points and 5.1 rebounds per game for the conference regular season champions. Paulsen led the PacWest in minutes per game (37.2) and ranked fifth in the conference in field goal % (.480) and seventh in both scoring average and free throw % (.853).

Ellis completed her undergraduate degree in graphic design with a perfect 4.0 GPA. In December, she earned the Elite 90 Award for having the highest GPA of any player at the NCAA Championships, where Point Loma won its first NCAA

The First Team All-PacWest and Second Team D2CCA All-West Region selection scored twice and added one assist this season. The left back helped PLNU hold its opponents to 0.52 goals per game and keep 13 shutouts in 21 games, including five-straight in the postseason. She has started every game of her four-year college caree

The PacWest will announce one Male Scholar-Athlete of the Year and one Female Scholar-Athlete of the Year next week. Copyright ©2025 PLNU Athletics



PLNU REPEATS AS PACWEST ACADEMIC ACHIEVEMENT AWARD WINNERS
Tim Heiduk, Associate Athletic Director for Communications
Awards & Honors
Posted: 72/2024/3-00:00 PM
(SAN DIEGO) For the second-straight year and third time overall, Point Loma has won the PacWest Academic Achievement Award.

In the 2023-24 school year, PLNU posted the highest student-athlete GPA (3.52) among all PacWest athletic departments to bring the conference's top academic honor back to The Point.

BACK-TO-BACK \* T

For the 2nd straight year and 3rd time overall, the <a href="MPLNUSeaLions">MPLNUSeaLions</a> are <a href="MThePacWest">MThePacWest</a> Academic Achievement Award winners.

In 2023-24, @PLNU student-athletes posted a 3.52 GPA to lead all conference athletic departments. #GoSeaLions pic.twitter.com/oDLmGXL4IP

- PLNU Sea Lions (@PLNUSeaLions) July 2, 2024

The Sea Lions also won the award in 2022-23 with the second-highest GPA (3.55) in PacWest history since the award's inception in 2007-08, and in 2019-20 with a previous conference record GPA of 3.50.

\*We the faculty are proud of our student-athletes for winning such a distinguished award,\* PLNU Faculty Athletic Representative Dr. Tim Hall said. "This is a testament to the desire of these young people to excel in both the classroom and in their respective playing arenas.

\*We want to congratulate both the coaches for their intentional recruiting, and especially all the student-athletes for this truly impressive accomplishment - well done.\*

PLNU has finished in the top-two in the PacWest Academic Achievement Award standings in each of the past seven years.

Point Loma also led the conference in 2023-24 with five PacWest Scholar-Athletes of the Year, as announced by the PacWest on Friday. Copyright ©2025 PLNU Athletics



PLNU WINS FIRST NATIONAL CHAMPIONSHIP Tim Heiduk, Associate Athletic Director for Communications Women's Soccer Posted: 12):92023 2:04:00 PM MATCH REPLAY

(MATTHEWS, N.C.) The NCAA Division II Women's Soccer national championship trophy is coming to The Point.

PLNU Women's Soccer defeated Washburn on Saturday in the national title game, 1-0, to win the university's first NCAA national title in any sport.

Emma Thrapp's header in the 53rd minute off a Grace Nelson corner kick proved to be the difference, as the Sea Lious kept their fifth-straight shutout in the postseason on their way to a first-ever national championship.

Bringin' home the hardware 2 #nationalchamps pic.twitter.com/PN8npjKIFA

PLNU Sea Lions (@PLNUSeaLions) <u>December 9, 2023</u>

<u>Iulia Pimell</u> made three saves in goal to keep Washburn scoreless, as the sophomore goalkeeper did not allow a goal in her last 915 minutes and 35 seconds played in 2023.

The Sea Lions outshot the Ichabods 10-3 in the first half and nearly broke the deadlock on multiple occasions, with Nicki Friedman forcing a diving save and Bethany Arabe nearly beating the goalkeeper at the near post after slithering past a couple defenders.

Pinnell, just as she did in Thursday's semifinal victory over Florida Tech, made a huge one-v-one save in the first half to keep the game scoreless.

SEA LIONS TAKE THE LEAD

 $\underline{\textit{Enuma Thrapp's}} \ \text{header puts Point Loma in front in the} \ \underline{\#D2WSOC} \ Championship. \ \underline{pic,twitter.com/SnLA40cHEj}$ 

- PLNU Sea Lions (@PLNUSeaLions) December 9, 2023

Then in the second half, it didn't take long for PLNU to take the lead, as Thrapp stepped up to put the Sea Lions in front.

Thrapp, often the team's corner kick taker, this time left the honors to Nelson, who lofted an inch-perfect cross to the back post for the Second Team All-American to score what proved to be her fifth game-winning goal of the season.

Alana Diaz nearly doubled PLNU's advantage late on but the Ichabods goalkeeper came up with a spectacular save. However, a second Sea Lions goal wasn't needed, as PLNU lowered its goals against average to 0.52 with a 13th shutout on the year, holding Washburn to just eight shots over 90 minutes.

NATIONAL CHAMPIONS

PLNU WOMEN'S SOCCER WINS THE #D2WSOC T pic.twitter.com/P4QVjn58A1

- PLNU Sea Lions (@PLNUSeaLions) December 9, 2023

 $Thrapp \ was \ named \ the \ NCAA \ Championships \ Most \ Valuable \ Player. \ She \ was \ joined \ on \ the \ All-Tournament \ Team \ by \ Pinnell, \ Arabe \ and \ \underline{Alana \ Diaz}.$ 

Point Loma (17-3-1 overall) sets a new program record for most wins in a single season in its NCAA era, while finishing the year on an 11-game winning streak, tied for the longest in program history.

For the first time,  $\underline{@PLNUSeaLions}$  are your  $\underline{\#D2WSOC}$  national champions!  $\underline{\#MakeItYours}$  |  $\underline{\#NCAAD2}$  pic, twitter.com/OAaSuKJbRn

- NCAA Division II (@NCAADII) December 9, 2023



PLNU WINS WEST REGION, ADVANCES TO WORLD SERIES Tim Heiduk, Associate Athletic Director for Communications

Baseball
Posted: 57:25/2024 7:53:00 PM
(SAN DIEGO) For the second time in three years, PLNU Baseball is headed to the NCAA Division II World Series.

After a 7-1 victory over Cal State Monterey Bay in the Super Regionals, Point Loma completed an epic Saturday sweep and officially punched its ticket to Cary, North Carolina as the West Region champion.

Needing two wins on the day to keep its season alive, PLNU pulled off a miraculous 13-inning comeback victory in the first game before running away with the nighteap to claim its second NCAA regional title.

CSUMB seemed to move past its devastating loss with a solo shot in the second inning to take an early 1-0 lead, only for Tommy Molinu's RBI-single to level the score in the bottom half.

Tommy Molina's RBI-single ties it up for @PLNUBaseball in the deciding game of the Super Regionals. pic.twitter.com/QFa5EOxyBo

- PLNU Sea Lions (@PLNUSeaLions) May 25, 2024

Two innings later, PLNU broke the game open with a six-run fourth inning, with all runs coming with two outs.

Joey Nicolai puts @PLNUBaseball in front with a two-out RBI double. pic.twitter.com/5gNUnk9kVh

- PLNU Sea Lions (@PLNUSeaLions) May 26, 2024

Joey Nicolai started the two-out rally with an RBI-double to left to give the Sea Lions the lead, followed by back-to-back homers from Eric Smelko and Esai Santos.

Eric Smelko goes yard for @PLNUBaseball to extend the Sea Lions' lead. pic.twitter.com/KwWEFqFYLP

- PLNU Sea Lions (@PLNUSeaLions) May 26, 2024

After a single from Scott Anderson, Jake Entrekin hit the team's third long ball in four batters, as his two-run blast made it 7-1 Sea Lions.

BACK-TO-BACK

Esai Santos follows up Eric Smelko's homer with one of his own to pile it on for @PLNUBaseball. pic.twitter.com/ABGexP8Uhs

- PLNU Sea Lions (@PLNUSeaLions) May 26, 2024

That was more than enough scoring for PLNU, as starter Ray Cebulski was electric in his eight innings of work, only allowing one run.

THREE HOMERS IN ONE INNING @

Jake Entrekin's two-run homer caps off a six-run 4th inning for @PLNUBaseball.

Sea Lions lead 7-1. pic.twitter.com/7Wmz4eTXiU

- PLNU Sea Lions (@PLNUSeaLions) May 26, 2024

Hunter Otjen then pitched a scoreless ninth, including a game-ending strikeout to seal the victory.

- For the second time in three years, @PLNUBaseball wins the West Region championship and books its ticket to the NCAA #D2BSE World Series.
  [3] pic.twitter.com/eCriSNe23E
- PLNU Sea Lions (@PLNUSeaLions) May 26, 2024



SEALIONS CLINCH OUTRIGHT PACWEST TITLE
Tim Heiduk, Associate Athletic Director for Communications
Women's Volleyball
Posted: 1117/2023 12:29:00 AM
(AZUSA, Calif.) PLNU Volleyball clinched the outright PacWest championship with a three-set sweep of Azusa Pacific on Thursday night, winning by set scores of 25-21, 25-18, 25-19.

Point Loma's 21 wins on the season also sets a new NCAA-era program record.

"This has been quite a run," Head Coach <u>Jonathan Scott</u> said. "Trying to enjoy it while at the same time staying focused on what's next. That's how we've remained successful with so many different lineups and despite so many devastating injuries. I'm super proud of these girls."

The first set was tied at 21-21 before the Sea Lions closed out the opening stanza with four-straight points, capped off by a Bailey Williams kill.

The Sea Lions then trailed 7-11 in the second set but responded with a 9-0 run that featured five Anna Massari blocks, including in each of the final three points. Brooke Haushumaker's kill then put Point Loma up two-sets-to-none.

Grace Hicks then recorded kills on three-consecutive points as part of a 5-0 run that gave PLNU control of the third set, before Williams clinched the sweep and the outright conference title with a kill.

Hicks led all players with 13 kills on a .647 attack %, while Williams (11 kills, 11 digs) and Hommes (10 kills, 10 digs) both posted double-doubles.

Massari tallied eight kills and 10 blocks.

Point Loma (21-5 overall, 18-1 PacWest) returns home to Golden Gym on Saturday for Senior Day, when the Sea Lions host Concordia at 4 p.m. in the teams' regular season finale. Copyright ©2025 PLNU Athletics



THRAPP NAMED PACWEST FEMALE ATHLETE OF THE YEAR
Tim Heiduk, Associate Athletic Director for Communications
Women's Soccer
Women's Soccer
Posted: 617/2024 2:52:00 PM
(SAN DIEGO) PLNU Women's Soccer All-American defender Emma Thrapp was named the PacWest Female Athlete of the Year, as announced by the conference on Monday afternoon.

Thrapp is the first PLNU female student-athlete in school history to receive the conference's top annual athletic honor.



On the year, the center back scored five goals, all of which were game-winners, and was a constant threat in starting the team's attack and on set pieces.

Add another T to the trophy cabinet.

 $PLNU \ Women's \ Soccer \ defender \ \underline{\textit{Emma Thrapg}} \ is \ \underline{@The PacWest} \ Female \ Athlete \ of \ the \ Year. \underline{\#GoSeaLions \ pic.twitter.com/8bw310e40H}$ 

— PLNU Sea Lions (@PLNUSeaLions) June 17, 2024

The defender led all PLNU field players in minutes played (1,747).

The PLNU defense, led by Thrapp, kept 13 shutouts on the year and allowed a miniscule 0.52 goals against per game in 21 matches.

Thrapp's PacWest Female Athlete of the Year award adds yet another honor from this past season for the standout defender.

Her lengthy awards list includes being named a Second Team All-American, a First Team All-West Region honoree, the PacWest Defender of the Year and a First Team All-PacWest selection.



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