Media Information

Admission to Contests—The Point Loma Nazarene University Athletic Department charges $10 general admission for volleyball, men's and women's soccer, men's and women's basketball, track & field and baseball. The charge is $5 for seniors and visiting students. Children 12 years and under, PLNU students and PLNU faculty/staff are admitted free with valid identification. For more information, visit www.plnusealions.com/tickets.

Credentials—For all media credentials and photo passes contact Danny Barnts, Assistant Athletic Director for Communications, by email at dbarnts@pointloma.edu or by phone at 619.849.2441.

Services—The Point Loma Nazarene University Sports Information Department will provide rosters of both teams for each PLNU home athletic event and reserved seating at the game.

Sports Information Office—The PLNU Sports Information Office is located in the athletic department in the southwest corner of Golden Gymnasium.
Contact Information

Athletic Administration

Athletic Director - Ethan Hamilton
619.849.2265   ethanhamilton@pointloma.edu

Sr. Associate Athletic Director - Brian Thornton
619.849.2944   brianthornton@pointloma.edu

Assoc. AD for Compliance/SWA - Jackie Armstrong
619.849.2307   jackiearmstrong@pointloma.edu

Assistant Athletic Director (Events) - Jordan Courneya
619.249.2764   jordancourneya@pointloma.edu

Assistant Athletic Director (Communications) - Danny Barnts
619.849.2441   dannybarnts@pointloma.edu

Assistant Athletic Director (Finance) - Trevor Bostelaar
619.849.2442   trevorbostelaar@pointloma.edu

Athletic Program Coordinator - Dominique Lombardo
619.849.2999   adlombard@pointloma.edu

Head Athletic Trainer - Shawna Baker
619.849.2914   shawnabaker@pointloma.edu

Head Sports Performance & Strength and Conditioning Coach - Erik Pedersen
619.849.3014   erikpedersen@pointloma.edu

Equipment Manager - Dan Davis
619.849.2267   ddavis@pointloma.edu

Athletic Communications Graduate Assistant - Nicholas Mathey
619.849.2661   nmathey@pointloma.edu

Head Coaches

Baseball - Justin James
619.849.2615   justinjames@pointloma.edu

Men's Basketball - Matt Logie
619.849.2911   mlogie@pointloma.edu

Women's Basketball - Lisa Faulkner
619.849.2694   lfaulkner@pointloma.edu

Women's Cross Country - Jerry Arvin
619.849.2588   jarvin@pointloma.edu

Women's Golf - Lance Hancock
619.849.2927   lancehancock@pointloma.edu

Men's Soccer - Philip Wolf
619-849-2327   pwolf@pointloma.edu

Women's Soccer - Tim Hall
619.849.7270   thall@pointloma.edu

Men's and Women's Tennis - Curt Wheeler
619.849.2206   curtwheeler@pointloma.edu

Women's Track & Field - Jerry Arvin
619.849.2588   jarvin@pointloma.edu

Volleyball - Jonathan Scott
619.849.2975   jonathanscott@pointloma.edu

Website: www.plnuseaions.com

Mailing Address
Point Loma Nazarene University
Department of Athletics
3900 Lomaland Drive
San Diego CA 92106-2899
All home athletic contests are held on the PLNU campus. Indoor events are held in Golden Gymnasium. Baseball is at the Carroll B. Land Stadium. Soccer is on the PLNU Soccer Field. Track & Field at the PLNU Track & Field. Tennis at the Tennis Courts.

FROM THE NORTH:
Traveling south on I-5, take the Rosecrans exit, (Highway 209 south). Proceed south on Rosecrans to Canon Street. Turn right. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE EAST:
Traveling west on I-8, take the Rosecrans exit, (highway 209 south). Proceed south on Rosecrans to Canon Street. Turn right. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE SOUTH:
Traveling north on I-5, take the Hawthorne St/airport exit and follow the exit to the left. Follow the signs to the airport which will lead you to making a right onto Harbor Drive until you come to Rosecrans, turn south (left), and then make a right onto Canon Street. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE AIRPORT:
Follow Airport Exit signs and turn right onto North Harbor Drive. Turn Left onto Rosecrans St. Turn Right onto Canon St. Turn Left onto Catalina Blvd. Turn Right on Lomaland Drive and follow to university entrance at the top of the hill.
Location
Our athletic training clinic is located on the south side of Golden Gymnasium between the baseball field and tennis courts.
Phone: 619.849.2436    Fax: 619.849.3215

Athletic Training Staff
Head Athletic Trainer: Shawna Baker 619.849.2914
Assistant Athletic Trainer Pamela Young 619.849.2436
Assistant Athletic Trainer Jay Zamporri 619.849.2436
Graduate Assistant Athletic Trainer Jessica Chaney 619.849.2436
Graduate Assistant Athletic Trainer Taylor Bright 619.849.2436

Normal Hours of Operation
Monday – Friday     12:30pm-7:00pm
Saturday Competition Coverage Only

Athletic Training Services
The athletic training clinic will be open approximately two hours before the game/match and remain open approximately 30 minutes after the contest. The athletic training clinic offers a variety of hot and cold modalities.

Water, ice bags (flexi-wrap), 6-pack of water bottles, cups (outdoors only), portable table (outdoor only), towels (indoors only) and bio-hazard supplies will be provided on your sidelines. Emergency supplies, including, an AED, crutches, spine board, vacuum splints, etc. will also be available should the need arise. A PLNU certified athletic trainer will be on-site for all home athletic competitions.

Teams Traveling Without a Certified Athletic Trainer, Emergency Procedure:
If your team is traveling without a certified athletic trainer, advanced notification is appreciated. A written request from a coach or physician must accompany the team in order to use any modality other than ice or heat (hot packs). In addition, PLNU athletic training personnel will be happy to assist your team with its taping and wrapping needs, provided that student-athletes provide their own taping supplies. Please contact Shawna Baker 619.849.2814; (sbaker@pointloma.edu) to make special arrangements. The on-site ATC that is working the event will be in charge of the athlete in any EMERGENCY until emergency personnel arrive.

Practice Policy
Visiting teams must give 48 hour notice to the athletic training room if they are planning on practicing and need athletic training services. For practice times please contact Steve Riddle at 619.849.2268.

Hospitals/Urgent Care:
PB Urgent Care
4490 Fannel St.
San Diego, CA 92109
858.274-9116
Hours: 8:00am – 8:00pm M – F
8:00am – 4:00pm Sat

Sharp Memorial Hospital
7901 Frost St.
San Diego, CA 92123
858.939-3400

Scripps Memorial Hospital
9888 Genesee Ave.
La Jolla, CA 92037
858.626.4123

Pharmacy:
Walgreens – (24hours)
3505 Midway Dr.
San Diego, CA 92110
619.221-0834
Lodging

Bartell Hotels is a proud longtime sponsor of Point Loma Nazarene University. Bartell Hotels is the exclusive hotel group of Sea Lion athletics, offering seven different locations close to the PLNU campus. Oceanside to bayside, La Jolla to Shelter Island, Hotel Circle to Sea World, Bartell has the ideal San Diego hotel for you.

We invite you to explore this family of premier San Diego hotels.

*Best Western Island Palms Hotel and Marina (Shelter Island)
*Humphreys Half Moon Inn and Suites (Shelter Island)
*Holiday Inn Bayside (Point Loma)
*Days Hotel (Hotel Circle)

Teams will receive complimentary continental breakfast and the PLNU preferred rate. To take advantage of this great opportunity, call Dana Irby, Director of Sales at 619.224.1556.

Restaurants

Chick-fil-A offers great boxed meals that are easy to eat on the road in addition to an extensive catering menu for your hungry players. There is no additional delivery fee added onto the total! Chick-fil-A offers many nutritious menu items suitable for an athletic diet. Whether is is our 100% breast meat chicken prepared by hand and pressure cooked in refined peanut oil or our freshly sliced fruit, we've got the perfect solution for you. You can visit our restaurant, minutes from campus at 3750 Sports Arena Boulevard or call a day ahead to place your order at 619.758.1555.

Rubios is a coastal inspired mexican grill and a proud sponsor of PLNU athletics. Rubios brings endless coastal flavor to your favorite mexican entrees, including burritos, tacos, and quesadillas. You can visit the resturant, just minutes from campus at 3555 Rosecrans St, San Diego, CA 92110 / 619-223-2631

Fish Shop is now a proud sponsor of PLNU athletics. Located on the corner of Rosecrans & Canon St, tServing fish tacos and many more great entrees, the Fish Shop is a great place to grab a meal after the game. 1110 Rosecrans St, San Diego, CA 92106 / 619-756-7778.

Dunkin' Donuts is now open just down the street from PLNU on Rosecrans & Nimitz Dr. Dunkin' Donuts is open 24 hours a day and has Fresh brewed beverages & tasty snacks - plus everything in between. 1770 Rosecrans St, San Diego, CA 92106 / 619-223-3200
### Game Protocol

**Women’s Basketball** (for 5:30 game)

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:25</td>
<td>Start game clock, floor available for warm-up</td>
</tr>
<tr>
<td>5:15</td>
<td>Officials meet with team captains</td>
</tr>
<tr>
<td>5:23</td>
<td>Warning horn</td>
</tr>
<tr>
<td>5:24</td>
<td>Final horn—teams off the court</td>
</tr>
<tr>
<td>5:25</td>
<td>Welcome/Champions of Character read</td>
</tr>
<tr>
<td>5:26</td>
<td>Prayer at midcourt</td>
</tr>
<tr>
<td>5:28</td>
<td>National Anthem</td>
</tr>
<tr>
<td>5:30</td>
<td>Player introductions</td>
</tr>
<tr>
<td>5:30</td>
<td>Tip-off</td>
</tr>
</tbody>
</table>

**Men’s Basketball** (for 7:30 game)

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:05</td>
<td>Start game clock, floor available for warm-up</td>
</tr>
<tr>
<td>7:15</td>
<td>Officials meet with team captains</td>
</tr>
<tr>
<td>7:23</td>
<td>Warning horn</td>
</tr>
<tr>
<td>7:24</td>
<td>Final horn—teams off the court</td>
</tr>
<tr>
<td>7:25</td>
<td>Welcome/Champions of Character read</td>
</tr>
<tr>
<td>7:28</td>
<td>Player introductions</td>
</tr>
<tr>
<td>7:30</td>
<td>Tip-off</td>
</tr>
</tbody>
</table>

**Volleyball** (for a 7:00 pm match)

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td>Start game clock—floor available for shared warm-up</td>
</tr>
<tr>
<td>6:30</td>
<td>Officials meet with team captains for coin toss</td>
</tr>
<tr>
<td>6:36</td>
<td>Visiting Team on court</td>
</tr>
<tr>
<td>6:41</td>
<td>Home Team on court</td>
</tr>
<tr>
<td>6:46</td>
<td>Visiting Team on court</td>
</tr>
<tr>
<td>6:51</td>
<td>Home Team on court</td>
</tr>
<tr>
<td>6:56</td>
<td>Team Huddles and Announcements</td>
</tr>
<tr>
<td>6:57</td>
<td>Teams stand at benches for National Anthem</td>
</tr>
<tr>
<td>6:58</td>
<td>Visiting team intro (non-starters first), bench to end line</td>
</tr>
<tr>
<td>6:59</td>
<td>Home team intro (non-starters first), bench to end line</td>
</tr>
<tr>
<td>6:59</td>
<td>Officials introduced</td>
</tr>
<tr>
<td>7:00</td>
<td>Match begins</td>
</tr>
</tbody>
</table>

**Baseball** (for a 3:00 pm game)

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:20-1:50</td>
<td>PLNU batting practice (cages)</td>
</tr>
<tr>
<td>1:50-2:20</td>
<td>Visitor’s batting practice (cages)</td>
</tr>
<tr>
<td>2:20-2:30</td>
<td>PLNU infield</td>
</tr>
<tr>
<td>2:30-2:40</td>
<td>Visitor’s infield</td>
</tr>
<tr>
<td>2:40</td>
<td>Starting line-ups to press box</td>
</tr>
<tr>
<td>2:40</td>
<td>Field preparation</td>
</tr>
<tr>
<td>2:50</td>
<td>Umpires take field</td>
</tr>
<tr>
<td>2:50</td>
<td>Line-ups exchanged</td>
</tr>
<tr>
<td>2:55</td>
<td>Line-ups announced (PA)</td>
</tr>
<tr>
<td>2:57</td>
<td>National Anthem</td>
</tr>
<tr>
<td>2:59</td>
<td>PLNU takes the field</td>
</tr>
<tr>
<td>3:00</td>
<td>First pitch</td>
</tr>
</tbody>
</table>