

2019-20 PACWEST SCHOLAR-ATHLETES OF THE YEAR				
Sport	Name	School	GPA	Major
Baseball	Joseph Kim	Azusa Pacific	3.92	Accounting
Softball	Sarah Kretschmar *	Concordia	3.95	Liberal Studies
Men's Tennis	Yuki Okamoto	Point Loma	3.91	Economics
Women's Tennis	Ellie Gamble	Point Loma	3.94	International Studies
Men's Track & Field	James Young	Academy of Art	3.66	Advertising
Women's Track & Field	Elle Alexander	Azusa Pacific	4.00	Leadership
Men's Golf	Julius Kreutzer	Academy of Art	3.92	Music Production
Women's Golf	Chisay Arai *	Holy Names	3.88	Business Management
Men's Basketball	Tyler Cartaino *	Chaminade	3.80	Accounting
Women's Basketball	Cara Liggins	Point Loma	3.97	Business Administration
Volleyball	Sara Wagenveld	Azusa Pacific	3.96	English & Humanities
	Cara Keturakis *	Point Loma	3.88	Psychology
Men's Soccer	Jake Munivez	Biola	4.00	Nursing
Women's Soccer	Julia Glaser	Point Loma	3.71	Applied Health Science
Men's Cross Country	Gabe Plendcio	Biola	3.65	History
Women's Cross Country	Zita Molnar	Point Loma	3.81	Mathematics

**Previous PacWest Scholar-Athlete of the Year winner*

BASEBALL – Joseph Kim (Azusa Pacific)

Year: Junior - 3.92 (Accounting), 2020 CoSIDA Academic All-America Second-Team (only PacWest player to be named CoSIDA All-American this year), 2020 stats: .298 BA/17 hits/15 RBI/9 runs/3 HRs/3 2Bs, 2019 NCBWA All-Region honorable mention, 2019 All-PacWest Second-Team, career stat line of .320 BA/9 HRs/50 RBI/72 hits, two-time Academic All-PacWest

MEN'S BASKETBALL – Tyler Cartaino (Chaminade)

Year: Senior - Cumulative GPA of 3.795 (combined bachelors and grad school) ... CoSIDA Academic All-America First Team (2020) and Academic All-America Third Team (2019) ... two-time CoSIDA Academic All-District (2019, 20) ... 2018-19 PacWest Scholar-Athlete of the Year and Men's Basketball Scholar-Athlete of the Year ... four-time Academic All-PacWest ... 2019-20 NABC and D2CCA All-West Region ... three-time PacWest Player of the Week in 19-20 ... graduated with BA in Accounting in May 2019 ... attended grad school in 2019-20 ... two-time All-PacWest First Team (2018-19, 19-20) ... PacWest's leading scorer in 18-19 (20.8) and fifth in FG% (.552) ... ranks 14th in school history in scoring (1,150 career points).

WOMEN'S BASKETBALL – Cara Liggins (Point Loma)

Year: Junior - Cara Liggins (3.97 GPA, Business Administration) earned Google Cloud Academic All-District honors in 2018-19. The junior forward also collected her second straight All-PacWest selection after averaging 15.3 points and 8.0 rebounds. She scored 20 or more points eight times, including putting up a career-best 27 points in the PacWest Tournament. high 27 points in the PacWest tournament. She ended the year ranked third in the PacWest with a .399 3-point shooting percentage.

MEN'S CROSS COUNTRY – Gabe Plendcio (Biola)

Year: Senior - Gabe Plendcio graduated as a history major with a minor in Biblical studies and is now pursuing graduate school (M.Ed). He finished his undergraduate studies with a cumulative GPA of 3.65. He's the back-to-back individual champion in the PacWest and led Biola to back-to-back team titles. Earned all-region this season in Biola's first year eligible, finishing fourth individually. Has Academic All-PacWest, D2ADA Academic Achievement awards and USTFCCCA All-Academic honors.

WOMEN'S CROSS COUNTRY – Zita Molnar (Point Loma)

Year: Senior - Zita Molnar (3.81, Mathematics) earned USTFCCCA All-Academic team honors from the second straight season. The senior from Hungary was one of the top cross country runners in the conference all season. She earned four PacWest Runner of the Week awards and placed second at the PacWest Championships. Molnar also won the 2019 Triton Classic and placed second in both the Charles Bowles Invite and the Biola Invitational. She would earn a spot in the West Regional as an individual.

MEN'S GOLF – Julius Kreutzer (Academy of Art)

Year: Junior - Earned a 3.92 GPA in the School of Music Production & Sound Design for Visual Media ... was named PacWest Golfer of the Week twice ... had 72.72 average round score, best on ART U ... won the Concordia Invitational with 5-under-par 208, his lowest stroke count of the season ... tied lowest round score in ART U history with 66 in round one of Concordia Invitational ... finished second in final tournament of the year at NDNU Invitational ... ranked 30th in West Region per GolfStat.

WOMEN'S GOLF – Chisay Arai (Holy Names)

Year: Senior - 3.88 GPA ... Major: Business Management and Marketing ... Was named the 2018-19 PacWest Scholar Athlete for Women's Golf ... Arai was named 2019-20 HNU Female Scholar Athlete of the Year ... Medalist (First place finisher on leaderboard) at Dixie State Fall Invitational, becoming the second in program history to win a tournament ... PacWest Women's Golfer of the Week on Oct. 4 ... 29 birdies. ... Two-time WGCA Scholar Athlete ... D2 ADA Academic Achievement Award ... Chi Alpha Sigma ... Academic All-PacWest ... Active and philanthropic in community.

MEN'S SOCCER – Jake Munivez (Biola)

Year: Senior - Carried a 4.0 GPA in the 2019-20 academic year as a nursing major... Has earned a cumulative 3.91 GPA in four years at Biola... One of two PacWest men's soccer student-athletes to earn CoSIDA Academic All-District selection... Named to the Biola Deans List on May 4, 2020 for earning a GPA above 3.6... Garnered All-PacWest Second Team recognition... Started all 18 matches for Biola and played all 1,702 minutes at center back... Helped lead the Eagles to a total of six clean sheets.

WOMEN'S SOCCER – Julia Glaser (Point Loma)

Year: Senior - Julia Glaser (3.71 GPA, Applied Health Science) was named to the prestigious Scholar All-American by the United Soccer Coaches in 2019. In her two seasons with the team, Glaser collected multiple All-PacWest and all-region honors, in addition to being named the conferences 2018 Player of the Year award. The senior forward from Loerrach, Germany led the Sea Lions and ranked second in the PacWest with 13 goals. She scored in eight straight conference matches to help PLNU pace the PacWest in both goals (42) and assists (39). Glaser also helped Point Loma win its second straight PacWest Championship and advance to the finals of the NCAA West Regional as the No. 5 seed.

SOFTBALL – Sarah Kreschmar (Concordia)

Year: Senior - Earned a 3.95 cumulative GPA as a liberal studies - child development major with a minor in psychology... Named to the 2020 CoSIDA Academic All-District Team and was 2020 CUI Female Scholar-Athlete of the Year at schools annual senior awards... Named 2019 PacWest Softball Scholar-

Athlete of the Year... Hit .304 in 21 starts at shortstop... Finished fourth on team in both total bases (20) & RBI (10) with three steals... Editor-in-chief & sports editor of school newspaper; SAAC Director of Community & Campus Relations... Volunteered for The Village of Hope, Irvine Girls Softball Association, & Orange County Food Bank.

MEN'S TENNIS: Yuki Okamoto (Point Loma)

Year: Senior - Yuki Okamoto (3.91 GPA, Economics) is a two-time All-PacWest selection and three-time PacWest All-Academic award winner. He played the No. 1 singles and doubles spots this season for the Sea Lions.

WOMEN'S TENNIS: Ellie Gamble (Point Loma)

Year: Senior - Ellie Gamble (3.94 GPA, International Studies - Latin America) was named to the CoSIDA Academic All-District Team while helping Point Loma go 6-4 in the shortened season. Last year, Gamble was voted All-PacWest in doubles, and this year she 4-4 while playing at the No. 1 and No. 2 positions. The senior from San Jose, Costa Rica also served as one of the Sea Lions captains, and she stepped into the Sea Lions No. 1 singles spot this year.

MEN'S TRACK & FIELD – James Young (Academy of Art)

Year: Grad. Student - 3.66 GPA in Advertising ... USTFCCCA Indoor All-America (Mile, Distance Medley Relay) ... USTFCCCA Indoor All-Region (Mile, 800m, DMR) ... broke ART U record in indoor mile (4:04.14) and ranked 6th in NCAA DII ... ran anchor-leg in ART U's record-breaking DMR (9:50.24) and ranked 7th in NCAA DII.

WOMEN'S TRACK & FIELD – Elle Alexander (Azusa Pacific)

Year: Grad. Student - 4.0 GPA (Masters in Leadership) & 3.9 GPA in Communication Studies, 2019 All-American in discus, 2019 & 2020 USTFCCCA All-West Region (2019 discus & hammer, 2020 indoor discus), 2-time PacWest Champion in discus, PacWest Champion in hammer, 2-time NCAA Outdoor Qualifier in discus (auto-qualifier in 2019), 2nd in school history in discus, 2019 & 2020 CoSIDA Academic All-District Selection, Three-time Academic All-PacWest selection.

VOLLEYBALL – Cara Keturakis (Point Loma) & Sara Wagenfeld (Azusa Pacific)

Year: Senior - Cara Keturakis (3.88 GPA, Psychology) earned AVCA All-American honors this season. The two-time PacWest Setter of the Year totaled 930 assists, placed her in the No. 2 spot for assists per game in the PacWest, and in the No. 61 spot nationally. Keturakis added 103 kills, the most by any setter in the conference. She finished her career as a Sea Lion with over 4,000 assists, placing her in the No. 3 spot for most career assists in PLNU and PacWest history.

Year: Senior – Sara Wagenfeld (3.96 GPA, English & Humanities), 2019 All-PacWest First Team (3x All-PacWest selection for her career), Top-10 in PacWest in hitting percentage and total blocks, will be a four-year Academic All-PacWest honoree, (APU SID was not a member of CoSIDA in the fall so she was not nominated for CoSIDA Academic Awards), Also does pole vault for the Cougar track team where she was named 2020 USTFCCCA Indoor All-West Region, 3rd in APU school history for pole vault, qualified for 2019 Outdoor Nationals