

2005

### 2005 Media Guide

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GEORGE FOX UNIVERSITY

# Tennis



**2005** GEORGE  
FOX  
TENNIS  
GUIDE



TENNIS  
GEORGE FOX UNIVERSITY

*Coach Rick Cruz*

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georgefox.edu/athletics/mens\_tennis

georgefox.edu/athletics/womens\_tennis



2005 TENNIS  
COACH  
RICK CRUZ

## Cruz Control

*Head coach Rick Cruz has been a Bruin since 1996*

Rick Cruz, a part of the Bruins' tennis program since its inception in 1996, begins his seventh season as the men's tennis coach and his fifth as the women's tennis coach at George Fox University.

Cruz assumed head coaching duties for the men's program midway through the 1999 season, and added the women's program to his charge in time for the 2001 season. Both programs have become increasingly competitive under his direction.

When he played for the Bruins as a student (1996-98), Cruz rotat-

ed among the No. 1, 2, and 3 singles positions during the first three years of the program. He compiled an overall singles record of 15-30 and a doubles record of 11-32, with his best season being his senior year when he went 8-10 in singles and 7-11 in doubles. He graduated from George Fox with a B.A. in business in 1998.

Cruz comes from an athletic family. His identical twin brother, Rob, is his assistant coach who also played tennis at George Fox

(1996-98). His younger brother, Ryan, played basketball and tennis for three years at George Fox (1998-2000).

A 1994 graduate of Hillsboro High School, Cruz still resides in Hillsboro and is a co-owner with Rob of two Cold Stone Creamery stores in the Beaverton-Hillsboro area.



TENNIS

BRUIN  
TENNIS  
WINNING  
TRADITION



1999



*Second Team  
All-Northwest  
Conference  
Shawna Hughes*

1999



*Second Team  
All-Northwest  
Conference  
Ryan Cruz*



2000

*First Team  
All-Northwest  
Conference  
Todd Hammans*

2000



*Second Team  
All-Northwest  
Conference  
Rachel McCombs*

2002



*First Team  
All-Northwest  
Conference  
Joe Gonzales*

2002



*Three-time  
All-Northwest  
Conference  
Lisa Trefts*

## Talent and Commitment

by Coach Rick Cruz

When you open a can of new tennis balls there is that distinct smell. When you hear the sound of a tennis ball hitting the court or the racket, it is unmistakable. When you hear the crowd "ooh" and "ahh," you know you are at a match. These are words that bring tennis to life and make it the sport it is. Tennis is a passion of mine and of the staff here at George Fox.



While tennis has long been considered an individual sport, I believe in stressing the team concept. One player cannot win a team meet. It takes a group of individuals working together to create a winning atmosphere. Here at George Fox University, the tennis staff is committed to having players who are competitive, are committed, and driven to excellence.

Talent can only get an athlete so far. A competitive drive is a must for any great athlete. I believe this is especially true with tennis. Tennis is a sport that can come down to just a few points. The drive to succeed and to do well can be the difference in a match. While the staff here does its best to build the strengths and improve the weaknesses of each

individual player, it is the drive within each individual that can make the difference.

Commitment is another big key to success. Whether it is in tennis or any other challenge a student-athlete takes on, long-term success will not happen without commitment. I believe that when an individual makes a decision to join a team, they are making a commitment. This commitment is not only to themselves, but also to their teammates. Building a quality program starts with commitment from both the players and the coaches. Without this commitment, we are bound to fail.

GEORGE FOX UNIVERSITY

As a staff, it is our goal for each player to pursue excellence on and off the court. We want each player to reach his or her ultimate potential. This only can happen if the individual and staff are all pursuing excellence. This pursuit occurs during practice and in matches. The coaches strive to give individual attention during these times to make the players as competitive as possible. Whether we are working with the fundamentals of the game or striving to make the players better

conditioned, it is our goal to encourage the players to pursue excellence.

Here at George Fox, the student athlete not only gets an incredible education, they also get an opportunity to leave the school with added memories, lessons learned, and relationships that can last a lifetime. For the years I have been here, it is the relationships that I remember more than any of the wins or losses. When a player leaves the tennis program, it is our desire that he or she leaves not only as a better athlete, but also as a better person.

## Excellence in Academics and Athletics

The Northwest Conference and NCAA Division III experience

### National Collegiate Athletic Association Division III

Colleges and universities in the National Collegiate Athletic Association (NCAA) Division III place their highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. Division III institutions seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience.

Division III consists of more than 400 institutions, making it the largest division in the NCAA. All Division III institutions award no athletically related financial aid to any students. Division III sponsors 13 national championships in men's sports, 14 in women's, and eight national collegiate championships that are combined with other divisions.

George Fox University has been a member of the NCAA since 1995 when — along with the other institutions in the Northwest Conference — it elected to transfer its membership from the National Association of Intercollegiate Athletics (NAIA).



### The Northwest Conference

The nine colleges and universities in the Northwest Conference are known for their academics and athletics.

The conference is building a reputation as one of the most competitive NCAA Division III alliances in the country. In the academic arena, every Northwest Conference institution has been ranked by *U.S. News & World Report* as a top-tier school in its category.

Formed in 1926, the conference is one of the oldest athletic alliances in the western United

States. Its nine members are all private colleges or universities located in Oregon or Washington.

George Fox left the Cascade Collegiate Conference to join the Northwest Conference in 1995, shortly before the Northwest Conference shifted national affiliation from the NAIA to the NCAA. Leaving behind years of success at the NAIA level, the conference embraced the move as one that

would foster equity, sportsmanship, and genuine concern for the student-athlete in all endeavors of competition.



- George Fox University**, Newberg, Ore.
- Lewis & Clark College**, Portland, Ore.
- Linfield College**, McMinnville, Ore.
- Pacific University**, Forest Grove, Ore.
- Pacific Lutheran University**, Tacoma, Wash.
- University of Puget Sound**, Tacoma, Wash.
- Whitman College**, Walla Walla, Wash.
- Whitworth College**, Spokane, Wash.
- Willamette University**, Salem, Ore.

TENNIS

# George Fox University

*A matter of mind and spirit*

George Fox University is a Christian university of the liberal arts, sciences, and professional studies ranked by *U.S. News & World Report* as a "Best Value" and as a top-tier master's university in the West. More than 3,000



students—including 1,500 traditional undergraduates—attend classes at the Newberg campus and at teaching sites in Oregon and Idaho. The George Fox faculty includes a former U.S. senator, the 2000 Oregon Professor of the Year, and three Fulbright Scholars.

George Fox offers unique programs. Every incoming freshman is provided a laptop computer to use and keep upon graduation. Students also can take advantage of the university's study-abroad program. George Fox pays transportation costs for a three-week

overseas study tour led by professors. Past trips have gone to every continent but Antarctica.

George Fox University was established in 1885 by Quaker settlers as Friends Pacific Academy. Herbert Hoover, the 31st president of the United States, attended the academy

before it became a college in 1891. The George Fox name honors the founder of the Friends (Quaker) church.

George Fox offers bachelor's degrees in more than 35 majors, degree-completion programs for working adults, a seminary, and 16 master's and doctoral degrees.



GEORGE FOX UNIVERSITY



## SPORTS INFORMATION OFFICE

Sports info director.....Blair Cash  
 Office phone .....503-554-2926  
 Home phone .....503-554-8067  
 E-mail .....bcash@georgefox.edu  
 Sports info fax.....503-554-3864  
 Sports Hotline .....503-554-3868  
 Sports website .....georgefox.edu/athletics

## UNIVERSITY INFORMATION

Location .....Newberg, Oregon (19,530)  
 Mailing address .....414 N. Meridian St.  
 Newberg, OR 97132  
 Founded .....1891  
 Denomination .....Evangelical Friends (Quaker)  
 Enrollment .....3,034  
 President .....David Brandt  
 Faculty athletic rep.....Kendra Irons  
 Switchboard phone .....503-538-8383  
 Website: .....georgefox.edu

## ATHLETIC INFORMATION

Nickname .....Bruins  
 Colors .....Navy Blue and Old Gold  
 Affiliation.....NCAA Division III  
 Conference .....Northwest Conference  
 Director of athletics .....Craig Taylor  
 Office phone .....503-554-2911  
 Assoc. dir. of athletics .....Pat Bailey  
 Office phone .....503-554-2914  
 Athletics secretary .....Patty Findley  
 Office phone .....503-554-2910  
 Athletics fax .....503-554-3864

## COACHING STAFF

Head coach .....Rick Cruz (7th yr)  
 Alma mater.....George Fox '98  
 Office phone .....503-554-2923  
 Assistant coach.....Rob Cruz (5th yr)



## INTERCOLLEGIATE ATHLETICS

are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, of course, are accompanied by a proper balance between academics and athletics. At George Fox University, student-athletes compete for conference and national titles at a Christ-centered university where professors and coaches help them grow in mind, body, and spirit. Intercollegiate athletics competition provides for practical application of what is learned in the classroom and at practice.



**THE UNIVERSITY** fields teams in 13 varsity sports, seven for women (volleyball, soccer, cross country, basketball, softball, tennis, and track and field) and six for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition at the same time.

At George Fox, the values of athletics are integrated with the goals of Christian higher education in a process that includes:

- Physical conditioning
- Managing emotions
- Courage
- Teamwork
- Cooperation
- Graciousness in winning and losing



Consider the growing legacy:

- George Fox has earned national, district or conference team titles 16 times during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 11 coaches on staff have been named Coach of the Year at various levels a total of 35 times.
- George Fox coaches have held their positions for an average of nine years, and together have accumulated more than 1,300 collegiate wins.