

# Cendara University Sports Overview

Cendara University is proud to offer a vibrant sports program that encourages student engagement, teamwork, and excellence both on and off the field. Our university hosts a wide range of competitive varsity teams, popular intramural leagues, and accessible recreational opportunities for the entire campus community.

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## Varsity Sports Teams

### Men's Teams

Team	Head Coach	Practice Location	Recent Achievement
Basketball	Marcus Elliott	Harvell Arena	2023 Central League Champions
	Julian Glover	Thorndale Field	Semi-finalists, 2024 Intercollegiate Cup
Track & Field	Todd Nakamoto	Ridgeview Stadium	12 Medalists, 2023 State Meet
Tennis	Paolo Rivera	Westbrook Courts	2024 Regional Runners-Up
Swimming	Leon Walsh	Darnell Aquatic Center	3rd Place, 2023 State Finals

### Women's Teams

Team	Head Coach	Practice Location	Recent Achievement
Volleyball	Ariana Schultz	Harvell Arena	2023 Southern Invitational Champions
	Maeve Donnelly	Thorndale Field	2024 Regional Finalists
Cross Country	Sophia Liang	Ridgeview Stadium	Team Gold, 2023 State Classic
Basketball	Natalia Rocha	Harvell Arena	Playoff Appearance, 2024
Swimming	Emily Bartell	Darnell Aquatic Center	All-State Swimmer, 2023

### Co-ed and Club Teams

- Ultimate Frisbee (Coach: Riley Sato)

- Equestrian (Coach: Jennifer Mount)
  - Badminton Club (President: Mia Shen)
  - Table Tennis Club (President: Alex Mensah)
  - Fencing Club (Coach: Samuel Dorsey)
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## Intramural Sports

Cendara University offers an active intramural program, providing friendly, on-campus competition for students, faculty, and staff of all skill levels.

### Seasonal Intramural Leagues

- **Flag Football (Fall)**
  - Eight teams; games on Sundays at 2:00pm
  - Fall 2023 Champions: “The Cendara Chargers”
- **3-on-3 Basketball (Winter)**
  - Twelve teams; games held weeknights at Harvell Arena
- **Indoor Volleyball (Winter/Spring)**
  - Ten teams; open registration in January
- **Softball (Spring)**
  - Sixteen teams; games at Greenwood Park
- **Table Tennis Tournament (Spring)**
  - Singles and doubles brackets; April each year

*All intramural finals are celebrated during the Cendara Sports Festival in April.*

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## Recreation and Fitness Facilities

- **Harvell Arena:** Main gym for basketball, volleyball, and large events; seating capacity 2,500
  - **Darnell Aquatic Center:** Eight-lane Olympic pool, diving boards, locker facilities
  - **Ridgeview Stadium:** Synthetic track, soccer and field event zones
  - **Westbrook Tennis Courts:** Six outdoor, two indoor courts
  - **Cendara Fitness Center:** Open 6am–11pm, with cardio, weights, yoga, and group classes
  - **Thorndale Field:** Multipurpose grass fields for soccer, lacrosse, and ultimate
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## Recent Sports Highlights

### 2023-2024 Academic Year

- Men's Basketball secured their fourth consecutive Central League title, defeating Elmbridge University 62-54 in March 2024.
  - Women's Volleyball triumphed at the Southern Invitational, with MVP honors awarded to team captain Serena Morales.
  - Cross Country teams swept state titles, led by individual golds from Lila Patel and Thomas Ayala.
  - Cendara Swimming had their best-ever finish at State, with three relay teams setting university records.
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## Athlete Recognition and Scholarships

Cendara University annually celebrates student-athlete achievements at the Spring Sports Banquet.

### 2024 Major Award Winners:

- *Athlete of the Year:* Tessa Lim (Swimming)
- *Scholar-Athlete Award:* David O'Connor (Tennis; GPA 3.96)
- *Spirit Award:* Jalil Sandor (Soccer; Community leadership)
- *Outstanding First-year Athlete:* Nina Castillo (Cross Country)

### Athletic Scholarships:

Over \$150,000 in athletic scholarships are awarded annually to incoming and returning athletes demonstrating both academic commitment and athletic excellence.

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## Policies and Code of Conduct

All participants in Cendara University sports programs are expected to abide by the **Athletic Code of Conduct:**

- Demonstrate sportsmanship and respect at all times, on and off the field.
- Maintain satisfactory academic standing (minimum 2.5 cumulative GPA for varsity athletes).
- Attend all games, practices, and team meetings unless formally excused.
- Refrain from performance-enhancing substances and comply with annual health screenings.
- Represent Cendara University positively during competitions and community events.

Violations of the Code may result in suspension from practice, competition, or dismissal from teams per decision of the Athletics Disciplinary Board.

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## How to Get Involved

- **Varsity Tryouts:** Begin the last week of August; applications open June 15 each year on the Athletics Department website.
- **Intramural Registration:** Announced prior to each season; open to all enrolled students and staff; teams can be formed by residence halls, departments, or individually.
- **Sports Club Memberships:** Join by attending the annual Activities Fair (September) or emailing club officers directly.

For further information, contact the Athletics Department at [athletics@cendara.edu](mailto:athletics@cendara.edu) or visit our office at Harvell Arena, Suite 102.

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## Athletics Department Staff

Name	Position	Email
Corrine Masters	Director of Athletics	<a href="mailto:cmaстers@cendara.edu">cmaстers@cendara.edu</a>
Mason Tomlin	Associate Director, Facilities	<a href="mailto:mtonlin@cendara.edu">mtonlin@cendara.edu</a>
Isabelle Nwosu	Assistant Director, Compliance	<a href="mailto:inwosu@cendara.edu">inwosu@cendara.edu</a>
Travis Glen	Varsity Programs Coordinator	<a href="mailto:tгlen@cendara.edu">tгlen@cendara.edu</a>
Gina Han	Fitness Center Manager	<a href="mailto:ghan@cendara.edu">ghan@cendara.edu</a>

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For schedules, results, and updates, visit:  
**Cendara University Athletics**

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