

**CENTRAL  
ARKANSAS**

TM

**ANNUAL REPORT  
FISCAL YEAR 2020**





**ANNUAL REPORT  
FISCAL YEAR 2020**



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## Dear Bear Nation,

The 2019-20 academic year was the most unusual year we have ever seen due to the cancelation of spring sports by COVID-19. We also learned a great deal about systemic racism in our country and how we can make the experience for our African-American students better. There are many important lessons we have learned due to both issues and we plan on becoming better from it.

We are again proud of Central Arkansas Athletics. We accomplished many great initiatives and maintained our increased graduation rates. Student-Athletes graduated 25 percentage points higher than the general student body which is a metric the NCAA reviews closely. It puts UCA in a great position. At UCA, we embrace the NCAA DI principles of Academic Integrity, Rules and Governance, Financial Prudence, and Student-Athlete Well-Being. These characteristics shape our program as we excel at providing a great place to live, learn, and compete. UCA is a total package program. We succeed in academics, socially and life skills, while winning championships. Our goal is to provide a wonderful educational experience for our student-athletes which is further enhanced through athletics success. The fondest memories come from our great teams and programs. We want all to have that experience.

As we enter our 15th year in Division I, our image continues to be very important to our success. Through our branding, facilities, and media, our image is impacted. We will ensure our image elicits a perception of a first-class program. We have been successful due to our re-branding of our logos and trademarks. We have been successful due to our abundant facility improvements since our move to Division I. We have been successful due to our forethought in social media and communications. We have been successful due to our staff creativity and innovation.

UCA Athletics is committed to providing a rewarding student-athlete experience, an enjoyable fan/donor experience, and a professional and classy image. We will do this while contributing to the university's educational experiences. UCA Athletics cherishes the role it plays on this great educational campus of UCA. Athletics will AVIDLY provide a rewarding and enriching experience for students and coaches leading to excellence and accountability in the classroom, on campus, and in their sport.

Go Bears!



Brad Teague, Ph. D.  
Director of Athletics

# CENTRAL ARKANSAS

TM

## ANNUAL REPORT FISCAL YEAR 2020



### MISSION

To AVIDLY provide a rewarding and enriching experience for students and coaches leading to excellence and accountability in the classroom, on campus, and in their sport.

**AVID** - UCA dedicates itself to **Academic Vitality, Integrity, and Diversity**

### CORE VALUES

1. Student-Athlete Success
2. Excellence
3. Accountability
4. Innovation
5. Collegiality

### LEADERSHIP TRAITS

1. Work Ethic
2. Integrity
3. Communication
4. Professionalism

### GUIDING PRINCIPLES

1. Student-Athlete Experience
2. Fan/Donor Experience
3. Program Image

### COACHING EVALUATION

1. Recruiting
2. Academics
3. Athletics
4. Administrative
5. Compliance
6. Student-Athlete Well-Being
7. Public Relations



Athletics programs utilize several metrics to evaluate the success of their student-athletes in academics. Grade Point Average (GPA), Graduation Success Rate (GSR), Federal Graduation Rate (FGR), Academic Progress Rate (APR) and Completed Athletics Eligibility Graduation Rate (CEGR) are all part of the evaluation system. As detailed below, UCA has improved significantly in most categories below. UCA student-athletes saw a 14% jump in FGR in '20 – performing 58% better than the general student-body, and have maintained a department-wide 3.0+ GPA for 8 straight years.

	'07	'08	'09	'10	'11	'12	'13	'14	'15	'16	'17	'18	'19	'20
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### GPA

Women	3.02	3.03	3.11	3.17	3.16	3.18	3.19	3.28	3.28	3.32	3.35	3.40	3.37	3.43
Men	2.74	2.75	2.73	2.78	2.79	2.82	2.88	2.87	2.88	2.96	2.98	3.02	3.04	3.08
<b>Total</b>	<b>2.77</b>	<b>2.85</b>	<b>2.87</b>	<b>2.92</b>	<b>2.94</b>	<b>2.98</b>	<b>3.02</b>	<b>3.04</b>	<b>3.04</b>	<b>3.10</b>	<b>3.14</b>	<b>3.18</b>	<b>3.19</b>	<b>3.22</b>

### GSR

Women	76%	77%	79%	90%	86%	95%	82%	83%	73%	81%	89%	88%	90%	93%
Men	48%	49%	52%	62%	68%	75%	67%	66%	69%	70%	73%	74%	69%	71%
<b>Total</b>	<b>55%</b>	<b>57%</b>	<b>61%</b>	<b>73%</b>	<b>74%</b>	<b>81%</b>	<b>73%</b>	<b>72%</b>	<b>74%</b>	<b>75%</b>	<b>80%</b>	<b>80%</b>	<b>78%</b>	<b>80%</b>

### FGR

Women	58%	56%	60%	61%	55%	58%	50%	49%	66%	60%	64%	65%	65%	79%
Men	35%	50%	39%	41%	50%	43%	43%	42%	65%	56%	49%	51%	45%	61%
<b>Total</b>	<b>48%</b>	<b>54%</b>	<b>49%</b>	<b>51%</b>	<b>53%</b>	<b>50%</b>	<b>47%</b>	<b>46%</b>	<b>65%</b>	<b>58%</b>	<b>56%</b>	<b>58%</b>	<b>54%</b>	<b>68%</b>
<i>Student Body</i>	45%	43%	41%	41%	42%	41%	41%	41%	45%	45%	42%	43%	42%	43%

### APR

Women	929	956	947	979	960	980	973	978	969	980	988	986	991	991
Men	902	919	938	955	957	958	944	949	963	965	962	975	979	991
<b>Total</b>	<b>914</b>	<b>933</b>	<b>941</b>	<b>966</b>	<b>959</b>	<b>966</b>	<b>956</b>	<b>961</b>	<b>965</b>	<b>970</b>	<b>973</b>	<b>980</b>	<b>985</b>	<b>991</b>

### CEGR Total

	93%	93%	96%	100%	94%	99%	97%	99%	97%	93%
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## COMPLIANCE

1. The most important part of Compliance is that all individuals associated with UCA Athletics promote and support the interest of the athletic department to ensure full compliance with NCAA, Southland Conference and University Rules.
2. Increased rules education and updates to coaches, staff, boosters, and student-athletes. These updates occur in a variety of ways from face to face, email blasts, website notices, and individual meetings with coaches or student athletes.
3. Conversion to e-filing system for all student-athlete records.
4. Financial Aid will enter student-athlete data without the assistance of athletics staff.
5. Implementation of JumpForward to make tracking many aspects of Compliance simpler for coaches as well as the compliance office.
6. Compliance staff and general counsel will continue semi-annual meetings.

## FACILITY ENHANCEMENTS

1. Interior Artwork project for the indoor facility will be completed by Fall 2020
2. Softball locker room/office facility phase 1 completed Spring 2020
3. Revamping Football Team Meeting room, Completed Fall 2019
4. Tennis Court resurfacing and realignment completed Spring 2020
5. New high-definition video board at First Security Field at Estes Stadium completed Fall 2019.
6. New Sound system at Estes Stadium completed Fall 2019

## ON-CAMPUS EVENTS HOSTING

1. Arkansas Activities Association All Star Week (includes all star games for Football, boys and girls basketball and soccer, baseball, volleyball, softball, cheer and dance)
2. Southland Conference men's and women's cross country championships Fall 2019 at Beaverfork Lake.
3. Southland Conference Tournament Championship for Women's Soccer at Bill Stephens Track and Soccer Stadium Fall 2019
4. Southland Conference Tournament Volleyball Championship Fall 2019 in the Farris Center.





### PURPLE CIRCLE ANNUAL FUND

The Purple Circle is the official annual fund of the University of Central Arkansas Department of Athletics and is our top fundraising priority. The Purple Circle Fund provides essential operating resources and is critical to the continued success of UCA Athletics. The Purple Circle fund focuses on 3 key areas to positively impact the lives of UCA student-athletes. These areas of focus are: Academic Support; Student-Athlete Success Initiatives; Facility Enhancements.

In a year's time, membership in the Purple Circle rose 15% to over 435 total members, with funds raised climbing to \$509,000 in contributions. This year on UCA's Day of Giving, donors contributed nearly \$230,000 to the Purple Circle Fund, continuing the trend of increase over the previous year's total.

### CORPORATE SPONSORSHIPS

The arrangement with Peak Sports MGMT/UCA Sports Properties has proven to be extremely beneficial for UCA Athletics and corporate partners alike, as our property has grown from \$300,000 per year to over \$850,000 in each of the last two years, and the Central Arkansas brand continues to enhance its image and visibility. During this time, local and regional businesses have realized an increase in value in their relationship with Central Arkansas Athletics.

### BUDGET

UCA & UCA Athletics are committed to reducing the amount of state funding for Athletics while increasing the amount of external funding from ticket sales, fundraising, corporate sponsorships, and NCAA Revenue. This trend is demonstrated below.

Revenue	FY20		FY19		FY18		FY17		FY16		FY15	
Student Fees	\$ 5,500,000	40%	\$ 5,300,000	41%	\$ 5,249,391	39%	\$ 5,314,847	43%	\$ 4,925,356	41%	\$ 4,893,041	40%
Auxiliaries	\$ 3,255,470	24%	\$ 3,151,952	24%	\$ 3,611,406	27%	\$ 2,700,735	22%	\$ 3,250,932	27%	\$ 3,363,368	28%
E&G	\$ 1,362,789	10%	\$ 1,333,453	10%	\$ 1,304,748	10%	\$ 1,272,925	10%	\$ 1,000,000	8%	\$ 1,000,000	8%
External Funds	\$ 3,348,718	25%	\$ 3,073,390	24%	\$ 3,216,003	24%	\$ 3,008,934	24%	\$ 2,714,937	23%	\$ 2,754,727	23%
Federal	\$ 138,000	1%	\$ 138,000	1%	\$ 120,963	1%	\$ 115,607	1%	\$ 106,242	1%	\$ 111,829	1%
	\$ 13,604,977	100%	\$ 12,996,795	100%	\$ 13,502,511	100%	\$ 12,413,048	100%	\$ 11,997,467	100%	\$ 12,122,965	100%
Expenses												
Salaries & Fringes	\$ 4,242,967	31%	\$ 4,024,271	31%	\$ 4,087,035	30%	\$ 3,866,429	31%	\$ 3,800,713	32%	\$ 3,698,724	31%
Scholarships	\$ 4,728,156	35%	\$ 4,503,005	35%	\$ 4,484,781	33%	\$ 4,062,265	33%	\$ 3,890,101	32%	\$ 3,735,704	31%
Travel	\$ 1,800,064	13%	\$ 1,705,028	13%	\$ 1,894,897	14%	\$ 1,716,320	14%	\$ 1,690,939	14%	\$ 1,839,729	15%
M&O	\$ 1,100,000	8%	\$ 1,100,000	8%	\$ 1,276,509	9%	\$ 1,070,933	9%	\$ 1,089,585	9%	\$ 988,633	8%
Debt Service	\$ 672,264	5%	\$ 675,780	5%	\$ 671,793	5%	\$ 674,447	5%	\$ 547,265	5%	\$ 615,919	5%
Medical	\$ 150,000	1%	\$ 150,000	1%	\$ 145,612	1%	\$ 136,063	1%	\$ 135,075	1%	\$ 230,312	2%
Federal	\$ 138,000	1%	\$ 138,000	1%	\$ 120,963	1%	\$ 115,607	1%	\$ 106,242	1%	\$ 111,829	1%
Facilities	\$ 494,292	4%	\$ 485,292	4%	\$ 495,496	4%	\$ 405,256	3%	\$ 414,801	3%	\$ 538,103	4%
Other	\$ 279,234	2%	\$ 215,419	2%	\$ 325,425	2%	\$ 365,728	3%	\$ 322,746	3%	\$ 364,012	3%
	\$ 13,604,977	100%	\$ 12,996,795	100%	\$ 13,502,511	100%	\$ 12,413,048	100%	\$ 11,997,467	100%	\$ 12,122,965	100%

# SIGNIFICANT ACCOMPLISHMENTS



## ACADEMICS

For 2019-20, 278 Central Arkansas student-athletes were named to the Southland Commissioner's Honor Roll – 2nd most among the 13 Southland institutions and highest among public universities, and a 12% increase from 2018-19. Over the past three years, the Bears & Sugar Bears have placed 788 on the Honor Roll, which requires a cumulative GPA of 3.0.

Of the 278 named to this year's Commissioner's Honor Roll, 72 maintained perfect 4.0 GPAs, a 24% increase from the previous year, and UCA had a league-high 54 student-athletes with a 4.0 in the spring 2020 semester.

UCA student-athletes continued to excel in terms of grade-point average, coming in at 3.22 overall cumulative and 3.25 cumulative for the Spring 2020 semester, with female student-athletes at 3.43 cumulative and males at 3.08. It is the 15th straight semester for the department to have an overall GPA of better than 3.0, rising each year from 2.77 in 2007.

The program's overall APR was also its highest ever at 991, the 7th straight year of improvement.

## MEN'S TRACK & FIELD/CROSS COUNTRY

Won the UCA Cross Country Challenge held at Beaverfork Lake, with 5 runners finishing in the Top 10.

Had four All-Southland Conference honors during the indoor season, with Zachary Jewell landing on the 1st team by winning the 60m at the Southland Championships with a school-record time of 6.75 and finishing 2nd in the 200m with a school-record time of 20.98

Jaron Hamilton, an Exercise Science major, was named Academic All-Southland with a 3.82 GPA. He also earned Southland Cross Country Athlete of the Week honors on Sept. 24.

## FOOTBALL

Won the program's 4th Southland Conference championship and second in the last three years, going 7-2 in Southland games while finishing the season with a 9-4 record overall.

In the season opener, defeated a Western Kentucky team that would go on to win 9 games – including a bowl victory and a win over the SEC's Arkansas Razorbacks – for the third FBS win in program history.

Qualified for the Division I Playoffs for the 5th time in the last 9 years, earning the No. 8 national seed – the 2nd time in the last 3 years for the program to earn a national seed in the postseason.

Had 13 All-Southland Conference selections, including WR Tyler Hudson being named Freshman of the Year. Led by Hudson, had four underclassmen named to Freshman & Sophomore All-America teams.

Junior CB Robert Rochell was named 1st Team All-American by the American Football Coaches Association.

Sophomore QB Breylin Smith broke the program record for single-season passing yards with 3,704, and tied the record for touchdown passes in a season with 32.

The Bears were selected to participate in the FCS Kickoff event in the first game of the season on ESPN, taking on Austin Peay in Montgomery, Ala.

Offensive lineman Hunter Watts signed a free agent deal with the NFL's Denver Broncos.

The program also brought home the FCS Athletic Directors Association APR award for the Southland Conference, the first time for a public institution to win the award for the Southland since 2015.

# SIGNIFICANT ACCOMPLISHMENTS



## BASEBALL

Junior pitcher Gavin Stone was selected in the 5th round of the 2020 MLB Draft by the Los Angeles Dodgers with the 159th overall pick. Stone becomes the program's 22nd draft selection, and it marked the 4th straight year that the Bears had at least one player taken in the MLB Draft. With his 5th-round selection, Stone is the 3rd-highest drafted Bear in program history, and the highest selection of the program's Division I era. He is the 11th Bear to be drafted under head coach Allen Gum.

Stone was nationally recognized as Player of the Week by three organizations after throwing the 3rd no-hitter in program history on March 6 in a win over Southeastern Louisiana, striking out a career-high 13. It was one of just four no-hitters thrown in Division I baseball in 2020. Senior pitcher Conner Williams was the Division I national leader in saves in the season cut short by the COVID-19 pandemic, notching 6.

## MEN'S BASKETBALL

Junior point guard DeAndre Jones broke the program record for career assists on Jan. 4, getting 9 in a win over McNeese to stake claim to the top spot. He enters his senior season with 452 – 111 more than the previous record.

Junior guard Rylan Bergersen earned All-Southland Conference honors, and sophomore forward Eddy Kayouloud took home one Southland Player of the Week award.

The program was placed in the national spotlight when it was featured in "The Last Dance" documentary series on ESPN, spotlighting the 1997-98 Chicago Bulls team that featured Central Arkansas alumnus Scottie Pippen – who won 6 NBA championships, was a 7-time NBA All-Star, 10-time NBA All-Defensive Team member, 7-time All-NBA selection and named to the NBA's 50th Anniversary All-Time team during his 17-year career in the league.

## WOMEN'S BASKETBALL

Senior guard Taylor Sells became the program's first player to be named to the Southland Conference All-Defensive Team on multiple occasions, earning the distinction in 2018 as well.

Sells was also selected to the All-Southland Conference 3rd Team after being one of just three players in the league to average at least 10 points, 4 rebounds, and 3 assists per game during conference play.

The Sugar Bears broke the program record for fewest points allowed in a Southland Conference game by defeating the defending league champion Lamar Cardinals 53-29 in the Farris Center, holding the Cardinals to 17.2 percent shooting and outrebounding Lamar 62-28.

Head Coach Sandra Rushing eclipsed the 550-win mark for her career, finishing her 31st season as a collegiate head coach with 557 victories.

## WOMEN'S SOCCER

Freshman forward Emma Hawkins earned All-Southland Conference honors after leading the Bears in both goals and assists during the season with 5 each, ending the year with 15 points – just the 2nd UCA freshman in the last decade to reach double-digit points in a season.

Junior midfielder Hadley Dickinson was selected to the Southland All-Academic team with a 3.35 grade point average while pursuing a degree in Marketing. Dickinson was second on the team with 4 goals and 3 assists on the season.

The Bears had a 3.41 GPA, with 24 of the 28 student-athletes being at 3.0 or higher, including 5 with 4.0s and 9 others with a 3.5 or better.



# SIGNIFICANT ACCOMPLISHMENTS



## MEN'S SOCCER

In their first year as an affiliate member of the Sun Belt Conference, the Bears picked up where they left off on their way out of the Missouri Valley, and claimed the league's regular-season championship in their inaugural run. It marked the third straight season for the team to win a conference regular season or tournament championship.

Claimed 9 All-Sun Belt Conference honors, including Niklas Brodacki winning the 3rd conference Player of the Year award in his four-year career. Ross Duncan won his third Coach of the Year award in the last four years, and the Bears had three 1st Team All-Sun Belt selections and 5 named to the 2nd Team.

Brodacki broke the program record with 50 career goals – the most for any Division I player active in 2019 –and was named to the United Soccer Coaches All-Southeast Region team.

Brodacki, Soren Jensen and Marc Olsen combined for 5 Sun Belt Conference Player of the Week awards.

## TENNIS

Finished the shortened season on an 8-match winning streak, which ties for the 2nd-longest in the program's Division I history, and was one of two teams in the Southland Conference to end the season undefeated in league competition, finishing the year 4-0 against Southland teams.

Sophomores Fuka Nonoyama and Chunxi Xin each took home a Southland Conference Player of the Week award, and Nonoyama was named to the Southland All-Academic team, sporting a 3.81 grade point average.

## SOFTBALL

Senior outfielder Kayla Crutchmer broke the program record for career steals with 102, stealing 4 on what would prove to be the final playing date of the shortened season to eclipse the old mark of 99. Crutchmer would finish the season leading all of Division I in stolen bases for the 2020 season, swiping 31 in 27 games.

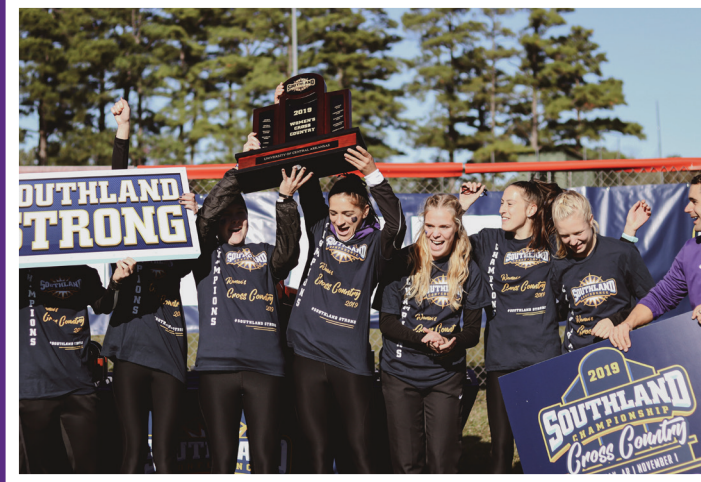
Freshman pitcher Kayla Beaver made her collegiate debut with a no-hitter against Jackson State on February 7, following that up with a second no-hitter – this time a perfect game – against Alcorn State on March 10.

Beaver and Crutchmer, along with Jordan Johnson and Lauren Brooks, combined to take home four Southland Conference Player of the Week awards in the abbreviated season. Beaver & Johnson were each named Pitcher of the Week once; while Brooks and Crutchmer were voted as Hitter of the Week once apiece.

Coach David Kuhn reached the 700-win milestone for his career on Feb. 16 with the Bears' 3-0 win over South Dakota. Kuhn, the winningest coach in Central Arkansas history, finishes 2020 with 711 wins overall and 343 in 12 seasons in Conway.

Crutchmer, Johnson, Reagan Sperling and Tylar Vernon were all selected to the Southland Conference All-Academic teams, with Sperling and Vernon being voted onto the First Team while Crutchmer and Johnson collected Second Team honors.

# SIGNIFICANT ACCOMPLISHMENTS



## WOMEN'S TRACK & FIELD/CROSS COUNTRY

The Cross Country team won the program's first Southland Conference Championship, getting three Top 12 finishes at the league championship held at Beaverfork Lake in Conway.

Senior Erin Woodward, sophomore Gracie Hyde and freshman Tamara Reeves earned All-Southland Conference honors; while coach Beau Theriot was named Southland Conference Coach of the Year.

Hyde and Woodward were both selected to the Southland All-Academic team.

During the indoor track & field season, had four All-Southland performers, with Sierra Temple earning First Team honors and being named the league's Freshman of the Year; senior Ajah Criner and sophomore Gracie Hyde garnering Second Team honors; and freshman Tamara Reeves picking up Third Team honors.

## MEN'S & WOMEN'S GOLF

Posted the best three-round tournament score of the program's Division I era and second-lowest in overall program history on Feb. 17-18 at the LaTour Intercollegiate, shooting a 283-275-275=833 to finish as runner-up in the tournament and finishing ahead of 10 programs from the Southland, Conference USA and the Sun Belt. In that tournament, sophomore Josh Turnock and freshman Blaine Calhoon tied for 2nd individually.

Sophomore Brett Daughdrill was named First Team Southland All-Academic, sporting a 4.0 GPA and finishing the season with the Bears' second-best stroke average at 73.39 in 18 rounds.

For the women, sophomore Elin Kumlin earned WGA All-American Scholar and First Team Southland All-Academic honors with a 3.85 GPA and a team-best 75.92 stroke average.

## INDOOR & BEACH VOLLEYBALL

The Sugar Bears closed out the regular season on a 7-match winning streak as they qualified for the 8-team Southland Conference Tournament for the 10th consecutive season.

In the offseason, John Newberry – who had served as interim co-head coach for the 2019 season – was named the program's permanent head coach.

Senior Abbie Harry, junior Emily Doss, and sophomore Madi Bowles were named to the All-Southland Conference teams, while Doss and junior Bailey Waddington were both named to the Southland All-Academic team.

Doss took home a pair of Southland Conference Player of the Week awards, while Harry was selected for the honor once.

In the abbreviated beach season, senior Mackenzie Dear was named the inaugural Southland Conference Beach Volleyball Student-Athlete of the Year - sporting a 3.9 GPA and going 8-0 in No. 1 pairings alongside partner Aly Brinkley.

The Beach Bears finished the year 7-1, sweeping 6 duels and ending the season winning 35 of 39 matchups – an .897 winning percentage.

Sophomore Faith Hasness joined Dear on the All-Academic team, holding a 3.93 GPA and recording a 7-1 duels record with partner Evelyn Griffith.



## STUDENT-ATHLETE ADVISORY COUNCIL ACTIVITIES

- Athletes bought more than 2,500 toys for Marine Corps Toys for Tots campaign
- Raised more than \$4,500 for Samaritan's Feet through pancake breakfast at Stoby's, setting up shoe distribution for Conway children during the 2020-21 academic year.

## LIFE SKILLS AREAS RECOMMENDED BY NCAA

- Alcohol and drug guidelines
- Personal development
- Leadership
- Sexual orientation
- Diversity
- Nutrition
- Personal counseling
- Gambling
- Career counseling

## AREAS COVERED THIS YEAR

- Dining etiquette class
- Sexual misconduct/Title IX training
- Career management
- Compete Every Day (personal development)

## COMMUNITY SERVICE PROJECTS

Throughout the year, our teams volunteer at numerous community events, school programs, youth & elderly programs and charity functions, in addition to on-campus events and organizing and volunteering for fundraisers for a variety of charities. In all, our student-athletes logged more than 1,800 hours of community service over the past year. Some of the projects UCA student-athletes & staff were involved in over the past year include:

- Shoes of Hope event at Florence Mattison Elementary, providing shoes for over 200 children
- Conway United Way – Stuff The Bus project
- Conway Optimist Club Youth Football Clinic
- Staffed Conway Kids Triathlon
- Reading programs at local Elementary schools & Pre-K programs
- Outreach programs with local retirement centers
- Staffed Conway EcoFest
- Helped with programs at First Tee of Arkansas
- 5K Walk for Diabetes
- Served as helpers for Conway Miracle League Baseball
- Collected toys for Toys for Tots
- Packed boxes at Operation Christmas Child warehouse
- Volunteered at Boys & Girls Club of Conway
- Staffed local elementary school Fun Day
- Volunteered at TOP Soccer youth program
- Assisted with Tacos4Life Mobile Pack program to provide food to underdeveloped nations
- Staffed “The Big Event” volunteer day in Conway
- Worked UCA “Brake For Bears” safe driving/pedestrian awareness event
- Staffed “Freezin’ For A Reason” charity event for Arkansas Children’s Hospital
- Balloon volleyball at College Square retirement center