



2023 - 2024

Student Athlete Handbook



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Letter from the AD

Welcome to Mustang Nation,

We are excited for you to be joining the ranks of the many people who have traveled these halls and this campus before you. You are about to take part in the fantastic world of being called a college student-athlete. Now it is your turn to carry on the privilege of being MACU Mustangs!

MACU is looking forward to a future of change and proactivity while honoring our past. We want to seek out ways to **develop connections on campus, in the brotherhood, in the community, and in the world** through ministry. One of the themes of the Restoration movement is the unity of believers. Demonstrate through our play and through our service the unity we have in Christ.

As an athletics department, we will strive to set up you for success in athletics, academics, and spiritual growth. We are continually seeking new ways to support these goals. Also, we want you to seek avenues to “pay forward” the opportunities you receive by serving others. As a part of our growth, we desire to increase opportunities to make connections with people and develop relationships that will have a lasting impact.

I hope that you will adopt a “Win Twice” attitude. Win first with your attitude and effort towards bringing glory to God. Win second on the scoreboard. 1 Peter 4:7b-11 gives a game plan to us. It briefly tells us how to be, how to treat others, that our words mean something, and how we should serve.

This athletic covenant will provide you with important information that will help to guide your success at MACU as a student-athlete. This handbook is a tool and guide, but it will **ONLY** be beneficial if you choose to understand the information contained in these pages. It is expected that you will abide by the guidelines of this covenant, the USCAA, and MACU.

You will find a strong family of staff, faculty, student leaders, and fellow classmates who will be ready to support you if you will allow them to. **We are the MUSTANGS!**

Win Twice!

Andy Meneely, Athletic Director

Show Class – Demonstrate Unity – Be of Service



Contact Information

Athletic Department Staff:

Andy Meneely	-	Athletic Director and Golf Coach E-mail: andy.meneely@macuniversity.edu	Office: 252-334-2087
Jennifer Herman	-	Head Women's Volleyball Coach E-mail: jennifer.herman@macuniversity.edu	Office: 252-334-2091
Jim Givargis	-	Head Men's Soccer Coach E-mail: jim.givargis@macuniversity.edu	Office: 252-334-2049
Adrian Bell	-	Head Women's Basketball Coach E-mail: adrian.bell@macuniversity.edu	Office: 252-334-2095
Charles Sims	-	Head Men's Basketball Coach E-mail: charles.sims@macuniversity.edu	Office: 252-334-2098
Lake Krehel	-	Head Baseball Coach E-mail: robert.krehel@macuniversity.edu	Office: 252-334-2077
Miguel Justiniano	-	Head Softball Coach E-mail: miguel.justiniano@macuniversity.edu	Office: 252-334-2089

Other Key Contacts:

Bane Angles	-	Vice President of Student Services – VPSS E-mail: bane.angles@macuniversity.edu	Office: 252-334-2021
Dr. Kevin Larsen	-	Vice President of Academic Affairs – VPAA E-mail: kevin.larsen@macuniversity.edu	Office: 252-334-2009
Emily Meneely	-	Student Life Director E-mail: emily.meneely@macuniversity.edu	Office: 252-334-2025



Affiliation and Expectations



The Mid-Atlantic Christian University Mustangs compete as a member institution with the United States Collegiate Athletic Association (USCAA). <http://www.theuscaa.com>

The USCAA is a National Organization consisting of approximately 100 member institutions, offering National Championships in 12 different intercollegiate sports. The USCAA's slogan is "**Level the playing field for America's small colleges.**"

In the 2018-19 season, we began competing in the USCAA Division I championships.

We are members of New South Athletic Conference. Current members are The Apprentice School, Peninsula Community College, and Regent University.

We expect our Student-Athletes to desire to GROW – **Spiritually, Academically, and Athletically!**

Show **C**lass

Demonstrate **U**nity

Be of **S**ervice



Philosophy, Mission & Vision

Our Mission

Mid-Atlantic Christian University is an institution of Christian higher education whose mission is to equip people to be extraordinary Christian leaders.

Our Vision

Mid-Atlantic Christian University will be a transformative community of higher education anchored in biblical truth.

Philosophy of Education

The educational philosophy of Mid-Atlantic Christian University rests upon the conviction that all truth comes from God. Only the Bible, God's word, enables us to integrate all fields of knowledge into a meaningful unity; it alone answers the deep questions of the human mind and spirit. Hence, all courses at Mid-Atlantic Christian University are taught from the perspective of the Christian worldview. Mid-Atlantic Christian University provides a Christian education based on a three-fold program of undergraduate instruction: Biblical and theological studies, general studies and professional studies. Mid-Atlantic Christian University believes that an educational program should cultivate development in all areas of a student's life. The University seeks to accomplish this through its academic curriculum, its service-learning program and its extracurricular activities. Academic work is designed to provide intellectual growth and maturity. The service-learning program is designed to integrate instruction with practical experience in Christian service. Extracurricular activities are designed to promote spiritual, physical and social growth.

Church Identification

Mid-Atlantic Christian University is a private university from congregations and individuals of the Christian Churches and Churches of Christ. The educational program of the University is in harmony with the faith and practice of these churches. While a significant number of students also come from this fellowship, the student body includes people from a variety of churches.

Statement of Faith

The basic doctrinal position that underlies the educational program of Mid-Atlantic Christian University, stated when the school was founded in 1948 and is unchanged today, is that:

1. Jesus Christ is the uniquely divine and only begotten Son of God, conceived without human father.
2. The Holy Scriptures are the inspired Word of God, infallibly recorded by men who were supernaturally guided by the Holy Spirit, inerrant in the originals in all the facts they attest and, in all communications, concerning salvation.
3. Every miracle recorded in the Bible happened truly and literally by the power of Almighty God.

4. There is salvation only in the blood of Jesus Christ, shed by grace upon the cross of Calvary, and applied to the heart of the sinner by his own faith in accordance with the terms of the Gospel.
5. There is an imperative necessity to restore the church of Christ which is described in the New Testament in order to remove division and to attain the unity of all believers, for which Christ prayed as the means of winning the world to Him.

Every officer, administrator, faculty member, and staff member at Mid-Atlantic is required to reaffirm annually his belief, without mental reservation, in the above stated position.



Team Physician – Medical Info

The MACU Mustangs office of Athletics would like to introduce Dr. Dan Elliott, D.O. Board Certified Sports Medicine, as our official Team Physician. Please see Dr. Dan’s bio below. He will be providing complete Athletic physicals to all athletes at the beginning of the year. He will also be our “on-call” lead contact relating to any injuries and/or illnesses by our student-athletes and coaching staff.

Dr. John (Dan) Elliott, D.O.

Family Medicine, Orthopedics, Sports Medicine



Board Certifications

American Board of Osteopathic Phys. - Family Medicine
American Board of Osteopathic Phys. - Sports Medicine

Medical Group

Albemarle Physician Services - Sentara, Inc

Medical Education

D.O: West Virginia School of Osteopathic Medicine - 2002

Medical Experience

Internship: Riverside Regional Medical Center
(July 01, 2002 - June 30, 2003)

Residency: Riverside Regional Medical Center
(July 01, 2003 - July 01, 2005)

Fellowship: Edward Via Virginia College of Osteopathic
Medicine (July 01, 2005 - June 01, 2006)

**Sentara Orthopedic & Sports Medicine Specialists,
Division of Albemarle Physician Services - Sentara,
Inc**

1134 N. Road Street
Building 7
Elizabeth City, NC 27909
Main Phone: 252-384-2360

Physical Examination – Health Information

All student-athletes are required to receive a physical to participate in athletics. It is strongly recommended that you receive your physical from the team physician here on campus during the designated dates. **(Will be scheduled early in the new school year)**

If you choose to receive a physical from your personal physician at home, you must have that physician complete and sign the **MACU Athletics’ Physical Examination Forms** that have been prepared by the MACU team Physician, Dr. Dan, and submit them to the Athletic Department office. ****Physical Exam Forms are located in Appendix at end of handbook**

All student-athletes are **REQUIRED** to have their own personal health insurance. All students must participate in the MACU secondary insurance plan. The students are charged for this insurance at the beginning of the school year.

Some Alternate Local Medical Facilities and Personnel

Albemarle Hospital, 252-335-0531

Exit MACU and turn right onto Poindexter Street. Go about a quarter of a mile and turn left onto Ward Street. Go to stop sign and turn right onto Road Street, then merge right onto US 17 North. Hospital is on the right about a quarter of a mile.

First Choice Urgent Care, 252-338-3111

Exit MACU and turn left onto Poindexter Street. Go to stop light and turn right onto Elizabeth Street. Go to third light and turn left onto US 17 South. Go about a mile and a half. First Choice is on the right, just past Applebee’s.

Dentists	Karen Wuertz252-335-4341 408 E. Colonial St.
Chiropractor	Stephen Van Giesen 252-338-3206 808 W. Ehringhaus St.
Mental Health	Albemarle Mental Health Center ...252-335-0803 305 E. Main St.
Christian Counseling	VA. Beach 757.312.8002 Churchland757.398.2881

Immunization Pasquotank County Health Dept. . . . 338-4400
From MACU follow Poindexter south toward town. At the first stop light turn right onto Elizabeth Street. Go to second light and turn left onto Road Street. Cross over Main Street, Church Street, and Ehringhaus. After crossing Ehringhaus, you come to Roanoke Avenue. Turn right; the department is on your left, 711 Roanoke Ave.



Eligibility / GPA

As a member of the USCAA (United States Collegiate Athletic Association) student athletes enrolled at Mid Atlantic Christian University will be bound by all eligibility guidelines in accordance with the USCAA.

A copy of the USCAA Bylaws are able to be accessed online on the USCAA website.

In regards to eligibility of incoming freshman student athletes, who are entering directly out of high school, a student must have a diploma or GED and meet the standards for acceptance to Mid-Atlantic Christian University.

Academic Eligibility made easy:

- 1) Be currently enrolled in at least 12 hours of class per semester.
- 2) Pass at least 12 hours of class per semester.
- 3) Get at least a 2.0 GPA every semester.

Be aware that requirements for eligibility and requirements to maintain your scholarship may be two different standards.



Class, Study, and Chapel

Class Attendance

GO TO CLASS! Your sport will not save you academically. You will miss enough class for games. If a student-athlete anticipates missing a class for any reason including games, you should contact the professor to let them know of the upcoming absence. If a student-athlete is excused from class by the professor, all assigned work should be submitted IN ADVANCE of the absence (unless the professor gives written permission to turn in the work at a later date). Class time IS NOT to be missed for practice or game film sessions. **ANY UNEXCUSED ABSENCE** from a class the day of, (or the day before) a game could result in that student-athlete being suspended for that game.

Study Guidelines:

These guidelines were previously requirements. While we have moved away from them as far as departmental punishments, they still provide a very good guideline on your studying needs to be academically successful at MACU. This is now the responsibility of the coaches and you.

First year students entering MACU as a provisional admission, as well as transfers and current students with below a 2.3 cumulative GPA should spend 7 hours per week in study hall, at least 5 of these hours should be directly monitored by a tutor or a coach.

First year student entering MACU in good standing, as well as transfers and current students with a 2.3 up to a 2.999 cumulative GPA should spend 4 hours per week in study hall sessions.

Transfers and current students with at least a 3.0 cumulative GPA (or has achieved 2 consecutive semesters of 3.0 GPA even if cumulative is below a 3.0) has shown that structured study hall hours may no longer be necessary as long as they maintain that 3.0 GPA or higher standard. These guidelines should be followed in season and off season.

Chapel Attendance

Chapel is treated with the same veracity as a class. The Student Handbook has the student portion of the discipline for this infraction. Students must attend at least 30 of the chapel opportunities given each semester.



Code of Conduct

This Code of Conduct Lines up with Student Handbook in many ways but should be considered in addition and subservient to the Student Handbook.

Drug Use and Testing Policy

All student-athletes are required to follow the alcohol/drug use policy outlined on page 19 of the Student Handbook. The use or possession of drugs and/or alcoholic beverages by any student-athlete while enrolled at the university (this includes all breaks where the student is not on campus) is prohibited. Anyone failing to follow these guidelines can be subject to expulsion from the athletic program and/or the University. Athletes will also be suspended for a quarter of their scheduled games, effective immediately and will be carried over to the next season. Also, athletes will be suspended from practice for 2 weeks.

The University and/or Department of Athletics reserves the right to proceed with drug testing on any student-athlete at any point in time during their involvement with the MACU Athletic program, both in season as well as during the off season. Any discovery of use of a banned substance can result in suspension. Discovery of a cannaboid class banned substance will result in a half-season suspension. Any subsequent discovery will result in permanent suspension. Discovery of a performance enhancing drug (steroids, etc) will result in permanent suspension.

Grievances/Violations

University decisions will supersede any decision of any coach. Coaches may also add additional punishment where applicable. Student-athletes seeking to appeal athletic-related violations should contact the Athletic Director. Student-athletes seeking to appeal university related decisions should contact the **Vice President of Student Services**. **PLEASE TAKE NOTE OF PAGE 26-27 of Student Handbook for specific information on dealing with Grievances.**

Hazing

According to the encyclopedia, hazing is defined as "...an often ritualistic test and/or a task, which may constitute harassment, abuse or humiliation with requirements to perform random, often meaningless tasks, sometimes as a way of initiation into a group. The definition can refer to either physical (sometimes violent) or mental (possibly degrading) practices..." Hazing includes discomfort, embarrassment, harassment, humiliation or destruction of property for the purpose of initiation onto a team. The person's willingness to participate in such an activity is irrelevant. Mid-Atlantic Christian University has a ZERO tolerance with regards to the hazing of any student-athlete. Any such exploitation will result in immediate action by the administration.

Sportsmanship and Ethical Conduct Statement

Sportsmanship and ethical conduct are of paramount importance in intercollegiate athletics. We expect all of those associated with MACU Mustangs athletics (student-athletes, administrators, coaches and fans) to set a high standard of ethical and Christ-like sportsmanship behavior that serves for others to emulate. Sportsmanship is about demonstrating respect for opposing teams, coaches, fans and officials. Mid-Atlantic Christian University will in no way tolerate behavior or actions that do not exemplify sportsmanship and ethical conduct, both on and off the playing site. There is no place

in or around intercollegiate athletics for any unsportsmanlike actions. These unsportsmanlike actions include, but are not limited to; taunting, profanity, fighting, cheating, vulgar gestures, and racist or sexist comments. It is understood that the Department of Athletics will issue disciplinary sanctions against anyone who is found in violation of our athletic department's sportsmanship and ethical conduct statement.

Team Rules/ Behavioral Expectations

Mid-Atlantic Christian University head coaches are authorized to set conduct standards, participation standards and behavioral expectations over and above what is required by the MACU Athletic Department. These standards are meant to be consistent with the public image the Athletic Department wishes to project through its athletic teams. Student-athletes must also adhere to the student code of conduct and other standards outlined in the Mid-Atlantic Christian University Student Handbook, which can be found online.

Any inappropriate behavior, in season or out of season, that misrepresents MACU is unacceptable and will be addressed based upon the circumstances surrounding the behavior.

Remember that MACU events and sponsored trips are extensions of the MACU campus.

Dress Code: (See page 21-22 in the Student Handbook)

Styles, trends, and fads come and go. but a Christ-like spirit and demeanor will last for eternity. **“Set an example for the believers in speech, in life, in love, in faith, and in purity” (2 Timothy 4:12).** In this spirit, MACU students will adhere to a standard of dress that is “modest” and “exemplary.” All students, including off-campus students, will follow these guidelines.

Coaches and student-athletes are to be dressed in an appropriate and professional manner at all times when representing Mid-Atlantic Christian University.



Season Guidelines and Awards

Games, Practices, and Gym Usage Guidelines

1. Practices will be held only by approved coaches or assistants.
2. The gymnasium usage will be scheduled by the Athletic Director.
3. No student will be allowed to open the gymnasium or the athletic room to obtain athletic equipment without the consent of the athletic director or an official coach.
4. All equipment set up or used by coaches must be returned to its proper place after use. Nothing will be allowed to be left out for the next practice date. =
5. MACU will manage the following guidelines:
 - a. In-Season Countable Athletically Related Activities will be limited to 20 hours per week and a maximum of 4 hours per day during days with classes. (Competition days count as 3 hours no matter the length.)
 - b. Out-of-season activities will be limited to 8 hours per week. (NCAA allows some skill related instruction; USCAA allows it within a range of total weeks of practice.)
 - c. Days off: In-season student-athletes will have 1 day off per week. Out-of-season will have 2 days off per week. Typically, Sunday will be a day off unless otherwise approved by the Athletic Director
 - d. Exemptions: While classes are not in session, the hours limit may be exceeded. Golf practice rounds may exceed the 4 hour per day limit.
 - e. Definitions: For the USCAA, a week is defined as Sunday morning through Saturday night. Countable Athletically Related Activities include, practice, competitions, walk-thrus, required conditioning, 1on1 or small group training, and discussion or review of game film. Not included are things like study halls or travel.

MUSTANG ON MISSION & MUSTANG PRIDE AWARDS!

Two of the most prestigious awards will be the “**Mustang On Mission**” and the “**Mustang Pride**” awards. Towards the end of the Spring semester, these will be handed out to the single athlete, either male or female, which best represents each of these awards.

The “Mustang on Mission” Award will be awarded to a person who goes out and serves not only on this campus but also in the community.

The “Mustang Pride” Award will be awarded to the person who best represents the ideals and qualities that we seek in a Mustang student-athlete.

The Athletic Department will take into consideration the records of attendance and participation in these events, service hours, feedback from coaches and teammates as well as the administration and student body at large.



Media Guidelines

SOCIAL MEDIA

Social media is just as it says... SOCIAL. This involves applications such as Facebook, Twitter, YouTube, Instagram and other activities such as blogging. While Mid-Atlantic Christian University does believe social media is a valuable tool, we do feel it necessary to provide you with a set of guidelines for appropriate online conduct to avoid the misuse of this communication medium.

When you participate in social media and have identified yourself as an affiliate of MACU, you are representing yourself personally, MACU Mustangs Athletics and Mid-Atlantic Christian University.

ONLINE ETIQUETTE

Beware of comments that could reflect poorly on you and Mid-Atlantic. Social media sites are not the forum for venting personal complaints about professors, fellow students, or the university in general. MACU's Student Handbook grievance policy offers guidelines to deal with any institutional frustration. Mid-Atlantic's outstanding reputation and brand are the direct result of our employees and students and their commitment to uphold our core values.

While Mid-Atlantic encourages the use of social networking, students need to use common sense and to take responsibility for using this communication medium responsibly.

Mid Atlantic Christian University respects each student-athletes' right to free speech and expression. However, student-athletes are responsible for the manner in which they choose to use this expression. The University's primary concern regarding social networking sites such as Facebook, Twitter, Instagram, etc. involve the safety of students as well as the integrity of Mid Atlantic Christian University and its community. Potential employers, clients, family members and constituents of the University may access this information. Unfortunately, so may predators and criminals. Once information is posted on the web, it becomes part of a public realm accessible to anyone with internet capabilities. You forfeit any right to privacy when you submit pictures, blogs and/or comments on these websites. In addition, these items can be archived forever. Remember, what you do represents not only you, but also your team as well as the University.

While Mid Atlantic Christian University has no specific policy negating the use of these websites as it recognizes they can be educational and beneficial, the University does possess resources to determine whether items posted defame the University, its students, faculty and staff. Student-athletes will be held accountable for any such items, which may result in dismissal from the program and/or the University. Listed below are a few guidelines to follow:

- 1) Avoid posting information like addresses, residence hall locations, cell phone numbers, etc.
- 2) Do not make references to alcohol or drugs in photos, statuses, blogs etc.
- 3) Do not post explicit/lewd pictures.
- 4) Do not post negative references to or about other students, your teammates, instructors, staff, coaches, administration or opposing teams.
- 5) Do not post language that is profane (cursing), sexually suggestive/explicit, racist, sexist or threatening in any way.

- 6) Logos and pictures posted on the University's or Athletics' website are copyrighted and cannot be used without the University's permission.

The following guidelines will assist student-athletes when dealing with the press:

1. **Don't say anything you don't want to see in print!!!**
2. Organize your thoughts before a scheduled interview, so you are sure about the points you want to communicate.
3. Be sure you understand the reporter's question before answering it. Ask for clarification if you don't understand what he or she is asking.
4. Don't believe anything will be **"off the record."**
5. If possible, try not to be evasive or answer "no comment" to a question, as it raises suspicions. It is better to answer, "I am not familiar enough with that issue to give a fair answer."
6. Do not become overly sensitive about a particular question or story. Most reporters who interview MACU athletes are attempting to write a positive piece.
7. Do not criticize your teammates, your coaches or the University through the media. If you have concerns, share them with your coach, the Athletic Director, or the direct source, not the public.
8. If you are ever uncomfortable with a reporter, politely refer them to your coach or AD.
9. Think about how others may read what you have said. Watch out for all those "I" statements.
10. Always take time to thank the media person for their time and attention.



Athletic Sanctions

Level One Offense:

- Unexcused absence from a practice and failure to notify coaching staff in a timely manner
- Failure to meet Coach's Code of Conduct Requirements (**each coach has their own guidelines**)
- Players must follow team dress code for games/travel
- Tardiness to practice or games – second occurrence
- Participation in dangerous activities outside of MACU that would likely lead to serious injury which would prohibit the student-athlete from being able to participate.

Sanction: Written Warning – copy to student-athlete and copy kept on file in Athletic office

Level Two Offense:

- Any repeat of Level One Offense
- Failure to attend class
- Smoking while an athlete at MACU
- Unexcused absence from a game
- Any use of alcohol while an athlete at MACU
- Fighting in a game or practice
- Unsportsmanlike behavior
- Hazing as defined on page 14 of this covenant
- Intentionally or recklessly placing a person(s) in reasonable fear of imminent physical harm
- Any loss of self-control toward coaches, officials, opponents or fans during practice, games or events.
- Any obscene gesture or use of abusive language towards anyone.
- Harassment or discrimination based on race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veteran status.

Sanction: One (1) to Six (6) Game suspension; an athlete must still practice and be at games, it will be up to the coach to decide if the player dresses for the game or sits in appropriate professional attire. Counseling may be mandated by the Athletic Director.

Level Three Offense:

- Falsifying Medical Insurance Coverage
- Insubordination to coaches, officials and/or athletic department personnel
- Any criminal action
- Repeat of Level One and Level Two Sanctions
- Any use of illegal drugs including alcohol (if under 21), misuse of legal drugs or use of steroids

Sanction: Season suspension. Athlete is removed from the program. Counseling may be mandated by the Athletic Director.

Note:

-A student may appeal these sanctions to the office of Student Services and bring a grievance before the Vice President of Student Services and the Athletic Director.

- Any violations may also bring student conduct sanctions in addition to the athletic sanctions.

-Students are also accountable for all institutional policies and standards identified in the Academic Handbook and Student Handbook. Expectations, standards, penalties, and grievance policies are listed in the appropriate handbook.



Student Athlete Pledge

Student Athlete Pledge is signed by student athletes each year while enrolled at MACU. A copy of the pledge is below.

I hereby agree to obey all the rules of conduct contained in this Student Athlete Covenant of Mid-Atlantic Christian University as long as I remain a student of the University. I recognize the student body of Mid-Atlantic is a Christian community, and the necessity for its student-athletes to lead lives of Christian character, I understand that these guidelines apply while I am *on and/or off* campus as well as during break weeks each semester.

Knowing this, I understand the rules for the Athletic Handbook and Student Handbook are still applicable and enforceable during *all* breaks that occur throughout my college career at MACU. (Both rule violations and their consequences)

I further agree to comply with all the academic regulations contained in the catalog of Mid-Atlantic Christian University as long as I am considered a student of the University.

I understand that failure to comply with any of the rules contained in the student handbook, athletic covenant or catalog will make me subject to the disciplinary procedures stated in these documents even to the extent of suspension from the University.

I value, and agree to uphold, the standards, and moral character desired of Mid-Atlantic students; recognizing their benefit for my own life, and the student community as a whole. I understand, value and agree to uphold, my responsibility as an ambassador of Mid-Atlantic Christian University and MACU Mustangs Athletics. As a student-athlete at MACU I realize I will be held to a higher standard of leadership, responsibility and conduct and accept that role wholeheartedly!

I will do everything in my capacity and capabilities to be a leader in the community, on the campus, in the classroom and on the court or field of play. I will commit to putting God, this University, MACU Athletics, teammates and classmates above myself and truly integrate myself as a vital part of being a Mustang!