



**2024 - 2025**

**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 pro-activity 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 handbook 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 E-mail: andy.meneely@macuniversity.edu	Office: 252-334-2087
Nicole Delosreyes	-	Head Softball Coach / Dir. Of Women's Sports Ops E-mail: nicole.deloreyes@macuniversity.edu	Office: 252-334-2020
Charles Sims	-	Head Men's Basketball Coach E-mail: charles.sims@macuniversity.edu	
Jennifer Herman	-	Head Women's Volleyball Coach E-mail: jennifer.herman@macuniversity.edu	
Lake Krehel	-	Head Baseball Coach E-mail: robert.krehel@macuniversity.edu	
Dave Lawson	-	Head Golf Coach E-mail: dave.lawson@macuniversity.edu	
Edwin Rodriguez	-	Head Men's Soccer Coach E-mail: edwin.rodriguez@macuniversity.edu	
	-	Head Women's Basketball Coach E-mail: _____@macuniversity.edu	
Chris Farrell	-	Head Bowling Coach E-mail: chris.farrell@macuniversity.edu	
Chuck King	-	Head Women's Soccer Coach E-mail: chuck.king@macuniversity.edu	

## Other Key Contacts:

Bane Angles	-	Vice President of Student Services – <b>VPSS</b> E-mail: bane.angles@macuniversity.edu	Office: 252-334-2021
Emily Meneely	-	Student Life Director E-mail: emily.meneely@macuniversity.edu	Office: 252-334-2025



# Affiliations



The MACU 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. The team hosts conference tournaments for sports with four or more teams. It looks to host invitationals in other sports.

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

Show **C**lass

Demonstrate **U**nity

Be of **S**ervice



# Team Physician – Medical Info

## **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.



# Eligibility & Academics

**As a member of the USCAA (United States Collegiate Athletic Association) student athletes enrolled at MACU 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.**

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 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 a game or period of games.

## **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 25 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/tobacco/vaping 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 is prohibited. Anyone failing to follow these guidelines can be subject to expulsion from the athletic program and/or the University. **Athletes may also be suspended for a quarter of their scheduled games, effective immediately and can be carried over to the next season. Also, athletes may 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 cannabis 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 MACU Student Handbook, including dress code. 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.



# 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, without prior approval. =
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

When you participate in social media and have identified yourself as an affiliate of MACU, you are representing yourself personally, Mustangs Athletics and MACU. While MACU encourages the use of social networking, students need to use common sense and responsibility. **Social media is just as it says... SOCIAL..... and MEDIA. These are two words that mean you have chosen to broadcast publicly and have abdicated your right to absolute privacy.**

MACU respects each student-athletes' right to free speech and expression. Keep in mind the safety of students as well as the integrity of the MACU community. Potential employers, clients, family members and constituents of the University may access this information. Unfortunately, so may predators and criminals. Beware of comments that could reflect poorly on you and MACU. Social media sites are not the forum for venting personal complaints about professors, fellow students, or the university in general. The Student Handbook grievance policy offers guidelines to deal with any institutional frustration. The University does possess resources to determine whether items posted defame the University, its students, faculty and staff and will hold users accountable.

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/drugs/tobacco/vaping 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.



# Student Athlete Pledge

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!

### Part III: Buckley Amendment Consent (FERPA)

By signing this part of the form, you certify that you agree to disclose your educational records. You understand that this entire form is part of your educational records. These records are protected by the Family Educational Rights and Privacy Act of 1974, and they may not be disclosed without your consent. You give your consent to disclose only to authorized representatives of this institution (ie, your coaches and athletics director), the NSAC, and the USCAA, the following documents:

- a. This form
- b. Any results of USCAA and MACU drug tests and results of positive drug tests done by non-USCAA national or international athletics organizations
- c. Any transcript from your high school, this institution, or any junior college or any other four-year institutions you have attended
- d. Pre-college test scores, appropriately related information and correspondence (e.g., testing sites, dates and letters of test-score certification or appeal), and where applicable, information relating to eligibility for or conduct of nonstandard testing
- e. Graduation status
- f. Race and gender identification
- g. Records concerning your financial aid
- h. Any other papers or information pertaining to your USCAA eligibility
- i. Any communication between Faculty/Staff/Administration and the Athletics Department.

You agree to disclose these records only to determine your eligibility for intercollegiate athletics, your eligibility for athletically related financial aid, for evaluation of school and team academic success, for purposes of inclusion in summary institutional information reported to the USCAA (and which may be publicly released by it), for USCAA longitudinal research studies and for activities related to USCAA compliance reviews. You will not be identified by name by the USCAA in any such published or distributed information. You also agree that information regarding any infractions matter in which you may be involved may be published or distributed to third parties as required by USCAA policies, bylaws or programs.

### Part VI: NIL for MACU and its Affiliations

You certify that you agree to disclose all information regarding name, height, weight, position, statistics, biographical information and all other information that pertains to your association with MACU Athletics. You give full permission for this information to be distributed via various media outlets such as, but not limited to, social media, game day programs, tournament programs, MACU Athletics website, local and national news affiliates as well as anything media related by the USCAA. You also give full permission for your photo, video or likeness to be used in any of the above mentioned forms to promote MACU Athletics or the USCAA. Also, You authorize the USCAA [or a third party acting on behalf of the USCAA (e.g., host institution, conference, local organizing committee)] to use your name, image, and likeness to generally promote USCAA Championships or other USCAA events, activities, or programs.

### Part VIII: Understanding of Name, Image, and Likeness

I understand that I am permitted to use my name, image, and likeness for work outside of MACU. This a new and fluid topic in athletics and protocols may change. The following are the current standards of protocol:

For the protection of my amateurism, any outside funding should be recorded with the Athletics Department.

Any use of MACU branding or trademarks is prohibited without negotiation and permission of MACU.

Any use of personal sponsorships or advertising on MACU media or for any outlets related to MACU is prohibited without negotiation and permission of MACU.

In principle, I understand that receiving pay for work that is well above market value and work that could be considered “pay for play” may jeopardize my status as an amateur.

In principle, I understand that soliciting or receiving a sponsorship or donation from anybody identified as a MACU sponsor or donor could be considered “pay for play” and jeopardize my status as an amateur.

## Part VI: Acknowledgement of Drug Penalties

While legalization of marijuana and THC is getting more prevalent, they are still banned substances in college athletics. Any use of PED's is also prohibited.

MACU will align with the NCAA penalties for banned substances. They are as follows:

- The penalty for a positive test for a performance-enhancing drug (PED) is strict and automatic: student-athletes lose one full year of eligibility for the first offense (25 percent of their total eligibility) and are withheld from competition for 365 days from the date of the test. A second positive test for a PED results in the loss of all remaining eligibility.
- The penalty for a positive test for a substance in the cannabinoid class is withholding from competition for 50% of the season in all sports in which the student-athlete participates. A second positive test for a cannabinoid results in the loss of a year of eligibility and withholding from participation for 365 days from the test.

By signing this, I attest that I understand the consequences of a positive test administered or required by MACU and the drug testing protocols set forth by the Student Life Department.