BECOME A MONROE MUSTANG
Monroe has a long history of cultivating athletes from all of our sports programs into premier student-athletes who eventually go on to compete in Division I athletics. Some of our recent athletes who have competed on the Division I level include:

**FOOTBALL**
- Will Johnson – *University of Oklahoma* (NCAA Division I)
- Clayton Turner – *University of Miami* (NCAA Division I)

**WOMEN’S SOCCER**
- Ana Carol Rodrigues – *University of Central Florida* (NCAA Division I)
- Christina Jean Charles – *Oklahoma State University* (NCAA Division I)
- Gemma Craine – *San Diego State University* (NCAA Division I)

**MEN’S SOCCER**
- Filip Kula – *St. John’s University* (NCAA Division I)
- Fabian Burnett – *University of Connecticut* (NCAA Division I)
- Gabriel Menescal – *Syracuse University* (NCAA Division I)

**BASEBALL**
- Alex Vargas – *Quinnipiac University* (Drafted by Houston Astros)

**VOLLEYBALL**
- Lee Ann Ocasio – *Bethune-Cookman University*

**MEN’S BASKETBALL**
- Maurice Ndour – *Ohio University* (Signed by Dallas Mavericks)
- AJ West – *University of Nevada* (NCAA Division I)
- Orlando Sanchez – *St. John’s University* (Signed by New York Knicks)

**TRACK AND FIELD**
- Alexshandro Rodriguez – *Fairleigh Dickinson University*
- Fabeon Tucker – *Mississippi State University*
- Mark Ramsey – *Fairleigh Dickinson University*
- Kahleef Gravesande – *Notre Dame College*
- Jaydean Joseph – *Tennessee Tech University*
THE MONROE COLLEGE ATHLETIC DEPARTMENT FIELDS TEAMS IN THE FOLLOWING SPORTS: men’s and women’s basketball, men’s and women’s cross country, men’s and women’s soccer, football, baseball, softball, men’s and women’s indoor, and outdoor track and field, and women’s volleyball. All Monroe teams are members of the National Junior College Athletic Association (NJCAA) and participate in NJCAA Region XV. Monroe Mustangs men’s basketball, football, men’s and women’s soccer, and baseball are Division I programs as are all the track and field and cross country teams. Monroe women’s basketball and softball compete in Division II.
The Monroe Athletic Complex (MAC)
The Monroe Athletic Complex, known more commonly as the “MAC,” is a 45,000-square-foot arena situated in the heart of downtown New Rochelle, NY. The showpiece of the complex is a 94-foot, fully professional wood-floor court. The MAC also houses volleyball courts, a baseball/softball batting cage, a fitness center, locker rooms, a sports medicine facility and seating for 1,200 fans.

City Park
Located just a mile and a half away from the New Rochelle campus, City Park is an active 20-acre park that plays host to Monroe’s softball, baseball, men’s and women’s soccer, as well as Monroe’s football team.

Joseph F. Fosina Field (in City Park)
Completed in the spring of 2011, the Joseph F. Fosina Field is located within beautiful City Park. The football field is comprised entirely of all-weather synthetic turf and has stands for 1,000 fans.

Fitness Center
Completed in the summer of 2012, the Fitness Center is open year round and is fully modernized with the latest training equipment. Free weights, ellipticals, power racks, leg presses, leg curl machines and platforms are all designed to maximize training and on-field performance.

Sports Medicine
Monroe College utilizes the services of certified athletic trainers to oversee all aspects of the health care and athletic training support that is crucial to all student-athletes. The training staff also provides care for injured student-athletes and recommends further medical consultation when necessary. The training staff is on site for practices and home games and is responsible for injury evaluation, injury prevention, counseling, rehabilitation, first aid, education, professional development and administration.
Launched in 2005, the year-round Mustang baseball program has established itself as a powerhouse. The Mustangs own three Regional Championships, including a pair of consecutive titles. The most recent Regional Championship came in 2015. Highlights for the program include Roberto Olivera winning a Rawlings Gold Glove award in 2012, and former pitcher, Alex Vargas, getting selected in the 2015 Major League Baseball draft by the Houston Astros. Six other former Mustangs have signed professional baseball contracts.

The Mustangs baseball program is split into two parts: academy and varsity. Both programs offer the opportunity to become part of a top-quality team while earning a college degree. Academy players train five days a week and participate in a weight training program. They are also included in the varsity team’s “scout day,” when players are given the chance to be scouted by four-year institutions. Some of the top players in the academy may be offered scholarships at other schools and we encourage and support players looking to transfer on to NCAA schools. Alternatively, there is also always an option to stay and complete a bachelor’s degree at Monroe while playing in the academy.

Monroe Mustangs baseball is about opportunity. Monroe players play for quality coaches in a top-level collegiate program. Most importantly, because there’s an emphasis on academics, Monroe baseball players excel in the classroom, receive college degrees, and pave the road to success on and off the field.

ACHIEVEMENTS
2015  NJCAA Division I Baseball Region 15 Champions
2009  NJCAA Division I Baseball Region 15 Champions
2008  NJCAA Division I Baseball Region 15 Champions
The Monroe College softball program dates back to 2004 and competes at the Division II level. Since its inception, the team has amassed its share of accolades including four Regional Final appearances and a Regional Championship in 2011. Also, the team has sent five players on to NCAA Division I and II programs.

Monroe softball provides a top-quality collegiate environment with first-rate coaching and facilities, the chance to master a range of skills and the opportunity to grow and develop both academically and athletically.

The Mustangs play two softball seasons, one in the fall and one in the spring. While spring games are played against varsity NJCAA teams, the fall season is the chance to compete against NCAA teams.

Players who do best in Monroe softball are the ones who are committed and dedicated, not only as teammates, but to personally achieve on and off the field and in and out of the classroom.

**ACHIEVEMENTS**

2011  NJCAA Division II Softball Region 15 Champions
MEN’S BASKETBALL

The oldest of the Monroe athletics programs, the men’s basketball team was established for the 1991-92 season. The history of the program features ten Region XV championships, six district titles and seven national tournament appearances with a second-place finish in 1998. Nine Mustangs earned All-American accolades, with a pair taking Academic All-American honors. A pair of former teammates, Orlando Sanchez and Maurice Ndour reached the pinnacle as Sanchez signed with the New York Knicks and Ndour inked a contract with the Dallas Mavericks.

Monroe Mustang basketball alumni have gone on to star in European professional basketball and the NCAA Division I at a number of colleges including Boise State, Cornell, Iowa State, LIU, Ohio University, Southern Illinois, St. John’s, St. Peter’s, University of Houston, University of Idaho, University of Oregon and University of Utah.

ACHIEVEMENTS

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<thead>
<tr>
<th>Year</th>
<th>NJCAA Division</th>
<th>Region / District / Tournament</th>
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<tbody>
<tr>
<td>2015</td>
<td>NJCAA Division I</td>
<td>Region 15 Champions</td>
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<tr>
<td>2015</td>
<td>NJCAA Division I</td>
<td>District 3 Champions</td>
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<td>2015</td>
<td>NJCAA Division I</td>
<td>National Tournament – Participant</td>
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<td>2012</td>
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<td>2012</td>
<td>NJCAA Division I</td>
<td>National Tournament – 5th place</td>
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<td>Region 15 Champions</td>
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<td>2011</td>
<td>NJCAA Division I</td>
<td>National Tournament – 3rd place</td>
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<td>2006</td>
<td>NJCAA Division I</td>
<td>National Tournament – 8th place</td>
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<td>2005</td>
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<td>2004</td>
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<td>NJCAA Division I</td>
<td>National Tournament – 5th place</td>
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<tr>
<td>2000</td>
<td>NJCAA Division III</td>
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<tr>
<td>1998</td>
<td>NJCAA Division III</td>
<td>Region 15 Champions</td>
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<tr>
<td>1998</td>
<td>NJCAA Division III</td>
<td>National Tournament – 2nd place</td>
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The Monroe College women’s basketball program was established as a varsity sport in 1998 with a junior varsity program starting shortly thereafter. Since then, the team has seen consistent success culminating in four national championships; most recently in 2012. They have made 12 consecutive national tournament appearances, have had seven Region XV Championships, an NJCAA record 69 consecutive home wins, and an incredible 139 consecutive conference winning streak. The Mustangs had a team earn an NJCAA Academic All-American status (2004) and had two players honored as Academic All-Americans.

**ACHIEVEMENTS**

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<th>Year</th>
<th>Division</th>
<th>Region/Site</th>
<th>Result</th>
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<td>District Champions</td>
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<td>National Tournament – 6th place</td>
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<td>NJCAA Division II</td>
<td>National Tournament – 9th place</td>
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The Monroe College track and field and cross country teams made their debuts in the fall of 2007. The teams have grown each and every season and went from Division III to Division I in 2011. In track, the Mustangs have a two-time National Champion and a Silver Medalist, both in the discus. They also have several competitors named Track Athlete of the Year.

To build the track and field program, the Monroe Athletics Department has invested in quality coaching, aggressive recruiting and high standards of performance. These investments have paid off. The Monroe men and women continue to raise performance standards in order to compete in some of the most prestigious meets in top facilities, venues that include the Armory Track and Field Center.

In 2014, the Monroe Mustangs hosted the 2014 NJCAA Indoor Track and Field Champions at the world-renowned New Balance Track & Field Center at the Armory in Manhattan. This was the first time the NJCAA has held a national Champions within the five boroughs and the Monroe Mustangs track and field team was proud to host.
ACHIEVEMENTS

2014  NJCAA Division I Outdoor Track and Field Champions – Bronze Medal (100m)
2014  NJCAA Division I Outdoor Track and Field Champions – Bronze Medal (400mH)
2014  NJCAA Division I Outdoor Track and Field Champions – Bronze Medal (triple jump)
2014  NJCAA Division I Outdoor Track and Field Champions – Bronze Medal (discus)
2014  NJCAA Division I Indoor Track and Field Champions – Bronze Medal (DMR)
2014  NJCAA Division I Indoor Track and Field Champions – Bronze Medal (triple jump)
2013  NJCAA Division I Outdoor Track and Field Champions – Gold Medal (discus)
2013  NJCAA Division I Indoor Track and Field Champions – Gold Medal (triple jump)
2012  NJCAA Division I Outdoor Track and Field Champions – Gold Medal (discus)
2012  NJCAA Division I Outdoor Track and Field Men’s Eastern District Champions
2011  Indoor National Track Meet – 9 participants, 1 All-American
2011  Cross Country National Track Meet – 1 participant
2010  NJCAA Division I Outdoor Track and Field Champions – Silver Medal (discus)
MEN’S SOCCER

Since 2009, the Monroe Mustangs men’s soccer team has had a remarkable winning percentage, taking three Regional Championships and two District Championships. They have twice played in the NJCAA Division I National Tournament where they were national finalists.

Monroe has put together a world class coaching staff that is focused on player development. Monroe men’s soccer draws its roster from top talent all over the world as well as exceptional local talent. Following graduation, numerous Monroe soccer players have gone on to play in some of the best NCAA programs in the country, including Central Connecticut State University, Syracuse University, SUNY Albany, SUNY Stony Brook and UConn.

The Mustangs men’s soccer program is split into three parts—varsity, junior varsity and academy.

The JV and varsity teams maintain a year-round training and game schedule. Players travel throughout the northeast and are expected to make a six-day-a-week commitment.

The third program is the soccer academy. This program includes intensive training with an emphasis on developing players’ skill level to advance to JV. The academy program trains and plays 7v7 intra-squad games.

The Monroe Mustangs soccer program presents the opportunity for young men to get a quality education while paving the way for further success in collegiate soccer and in life.

ACHIEVEMENTS

2015  NJCAA Division I Region 15 Champions
2015  NJCAA Division I District Champions
2015  NJCAA Division I National Tournament – Runner-up
2013  NJCAA Division I Region 15 Champions
2012  NJCAA Division I Region 15 Champions
2011  NJCAA Division I Region 15 Champions
2011  NJCAA Division I Northeast District Champions
2011  NJCAA Division I National Finalists
2010  NJCAA Division I Region 15 Champions
2010  NJCAA Division I Northeast District Champions
Monroe’s newest varsity team started in the fall of 2009 and saw immediate, sustained success. The Mustangs women’s soccer team has appeared twice in the national finals and won the National Championship in 2014. The program has produced numerous All-Americans including Mikaela Howell, Lorina White, Taylor O’Leary, Charlotte Branch and Ana Carol Rodrigues. They have won four Regional Championships and three District Titles. Additionally, Monroe saw a player earn NJCAA Player of the Year honors (Lorina White) and Head Coach Jonathan Garber capture NJCAA Coach of the Year, both in 2014.

The women’s soccer program at Monroe now sports a JV team and numerous Mustangs players graduate from Monroe into the NCAA. In addition to their roles as student athletes, Monroe women apply their dedication and commitment to community service by assisting the disabled and other local organizations.

**ACHIEVEMENTS**

- **2015** NJCAA Division I National Champions
- **2015** NJCAA Division I Region 15 Champions
- **2015** NJCAA Division I District Champions
- **2014** NJCAA Division I Region 15 Champions
- **2014** NJCAA Division I District Champions
- **2014** NJCAA Division I National Tournament Participant
- **2013** NJCAA Division I National Tournament
- **2013** NJCAA Division I Region Champions
- **2013** NJCAA Division I District Champions
- **2011** NJCAA Division III Region 15 Champions
- **2011** NJCAA Division III District Champions
- **2011** NJCAA Division III National Finalists
- **2010** NJCAA Division III Region 15 Champions
The Monroe College football program started in 2012 and Head Coach Terry Karg has been at the helm since its inception. He won the NEFC Coach of the Year in 2013. The team has had twenty five players earn All-NEFC accolades since joining the conference in 2012. The Mustangs have also sent players on to major colleges for football including conferences like the ACC, Big 12, Big 10 and Mountain West.

Monroe Mustangs football provides a stepping stone to future opportunities in athletics and in life. The football program is custom-designed so that student-athletes can maximize their abilities on and off the field, and in and out of the classroom. Following graduation, many will go on to have collegiate careers in the NCAA.
The Monroe College volleyball program began in 2005 and started competing at the NJCAA Division I level in 2014. The team won the District championship and played in the National Tournament in the inaugural season. Head Coach Nephtali Delgado-Reyes has consecutive Coach of the Year honors in 2012 and 2013. The Mustangs earned three Region XV and three District L championships and three players have captured All-American honors. The 2013 team was honored with the Region XV Sportsmanship Award.

With an emphasis on skill development, physical fitness, discipline and academics, Mustang volleyball players are destined to excel. In many cases, players complete their two years of eligibility at Monroe and gain scholarships to NCAA programs.

Monroe volleyball is a year-round program. Players compete in home matches and practice in the spectacular Monroe Athletic Complex. During the preseason Monroe plays against NCAA competition. Mustangs are also known for their volunteer service in the community.

ACHIEVEMENTS

- 2014  NJCAA Division I Region 15 Champions
- 2013  NJCAA Division II National Tournament – 9th Place
- 2013  NJCAA Division II Region 15 Champions
- 2013  NJCAA Division II District L Champions
- 2012  NJCAA Division II National Tournament
- 2012  NJCAA Division II Region 15 Champions
- 2012  NJCAA Division II District L Champions
- 2009  NJCAA Division II National Tournament
- 2009  NJCAA Division II District 3 Champions
COACHING STAFF

**BASEBALL**  Luis Melendez  |  914-740-6444  |  lmelendez@monroecollege.edu

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**MEN’S TRACK & FIELD**  Lesleigh Hogg  |  845-494-9801  |  lhogg@monroecollege.edu

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**VOLLEYBALL**  Nephtali Delgado Reyes  |  914-740-6883  |  ndelgadoreyes@monroecollege.edu

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