BECOME A MONROE MUSTANG
MISSION STATEMENT

Monroe College’s athletics mission emphasizes the development of the total individual; the student as well as the athlete. It is essential that all student-athletes be provided with the direction, assistance, and guidance needed to reach their goals in the academic, athletic and social aspects of college life with a particular commitment to excellence.

The Athletics Department fosters an environment that encourages degree completion, good citizenship, character and personal growth, while developing student-athletes who are positive role models and productive members of society. The Department maintains a strong commitment to the principles of fiscal responsibility, gender equity, diversity, and sporting conduct among its coaches, administrative staff and student-athletes.
THE MONROE COLLEGE ATHLETIC DEPARTMENT FIELDS FOURTEEN TEAMS IN THESE 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 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.
FACILITIES

The Monroe Athletic Complex (MAC)
The Monroe Athletic Complex, known more commonly as the “MAC,” is a 45,000 square-foot arena perfectly 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 track facilities, volleyball courts, a baseball/softball batting cage, a fitness center, locker rooms, a sports medicine facility and seating for 1,200 fans. On the second floor, the Mustang Café boasts of spectacular views of the court and houses the campus cafeteria that comfortably seats 250 people.

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, and men’s and women’s soccer teams, 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 inside of beautiful City Park. The football field is comprised entirely of all-weather synthetic turf and has stands for 1,000 fans.

Fitness Center
Monroe’s Fitness Center is first-rate. Completed in the summer of 2012, the Fitness Center is fully modernized with the latest training equipment. There are free weights with a variety of dumbbells, ellipticals, power racks, leg presses, leg curl machines, and platforms all designed to maximize training and on-field performance. Monroe athletes train in the Fitness Center year-round.

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 provided 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.
Weight room | City Park
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The Mac | Batting cage—The Mac
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CITY PARK | CITY PARK
Launched in 2005, the year-round Mustang baseball program has established itself as a powerhouse. In 2006, they made the playoffs in just their second season and in 2007 they advanced to the first round of the Region XV playoffs. 2008 was a turning point as they won the first of their two consecutive Region XV championships and finished third in the District tournament.

The Mustangs baseball program is split into two parts: Varsity and Academy. 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,” allowing players the chance to be scouted by four-year learning 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 after a year or two. 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. They can get NCAA scholarships and some sign professional contracts. 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**

- **2009** NJCAA Division I Baseball Region 15 Champions
- **2008** NJCAA Division I Baseball Region 15 Champions
Monroe softball is about opportunities: the opportunity to play in a top-quality collegiate environment with first-rate coaching and facilities, the opportunity to master a range of skills, the opportunity to grow and develop as a person — academically and as an athlete — and the opportunity to build all of those qualities into the next level of play.

The Mustangs play two softball seasons, one in the fall and one in the spring. The spring games are played against varsity NJCAA teams, but a main attraction of the fall season is the chance to compete against NCAA teams, giving softball student-athletes vital competitive experience and exposure.

Players who do best in Monroe softball are the ones who are committed and dedicated, not only as teammates, but at achievement for themselves on and off the field and in and out of the classroom. Also, Monroe expects to win. In its very first year of varsity play in 2004, the Mustangs won the important games down the stretch of the season and clinched a playoff spot. In their second year they played in the Region Finals, a feat they repeated in 2006 and 2008. In their second season as a Division II team in 2011 they were Region champs. You can be a Mustang and take advantage of the opportunities that distinction presents.

**ACHIEVEMENTS**

2011  NJCAA Division II Softball Region 15 Champions
The Monroe Mustangs men’s basketball team has consistently been touted for its talent and achievements, and is firmly established as an NJCAA powerhouse. Since its inception in the 1991–92 season, the Mustangs have an outstanding winning percentage. In 2002–03, the Mustangs turned on the nation with a high-flying fifth-place finish in the NJCAA Division I national tournament. They won five straight Region XV championships and appeared in five straight District III finals, winning the title in 2002–03, 2005–06, 2008–09, 2010–11, and 2012–13.

Monroe Mustang basketball alumni have gone on to star in European professional basketball and the NCAA Division I at a number of colleges including Ohio University, Boise State, University of Oregon, University of Idaho, Southern Illinois, University of Houston, Iowa State, St. John’s, University of Utah, St. Peter’s, Cornell, and LIU. Over the years, nine Mustangs have been named All-Americans and in 2004–05 two Monroe players were recognized as Academic All-Americans. In 2014, former Monroe Mustang Orlando Sanchez signed with the New York Knicks, becoming the first Mustang to sign with an NBA team.
Established as a varsity sport in 1998, the Monroe women are four-time national champions. They have made eleven consecutive national tournament appearances, have had streaks of six consecutive Region XV Championships, an NJCAA record 69 consecutive home wins, and an incredible 139 consecutive conference winning streak. They won 30 or more games in six straight seasons. In 2009–10, their first season as a Division II team, they finished eighth in the twelve-team National Tournament.

In 2005–06 and 2007–08 they were the Division III National Champions with the 2005–06 team concluding a remarkable 36–0 season—making them the only undefeated team in any college league or division in the nation that year. In 2004–05 the Monroe women were named as an NJCAA Academic All-American team and two players were honored as Academic All-Americans.

**ACHIEVEMENTS**

2014: NJCAA Division II Region 15 Champions
2014: NJCAA Division II District N Champions
2014: NJCAA Division II National Tournament – 9th place
2013: NJCAA Division II District 3 Champions
2012: NJCAA Division II District 3 Champions
2012: NJCAA Division II National Champions
2011: NJCAA Division II National Champions
2010: NJCAA Division II District 3 Champions
2010: NJCAA Division II National Tournament – 8th place
2009: NJCAA Division III Region 15 Champions
2009: NJCAA Division III National Tournament – 3rd place
2008: NJCAA Division III Region 15 Champions
2008: NJCAA Division III National Champions
2007: NJCAA Division III Region 15 Champions
2007: NJCAA Division III National Tournament – 3rd place
2006: NJCAA Division III Region 15 Champions
2006: NJCAA Division III National Champions
2005: NJCAA Division III Region 15 Champions
2005: NJCAA Division III National Tournament – 2nd place
The Monroe Mustangs are running faster, jumping higher, and throwing farther than ever before. A track and field team of more than ninety athletes is making strides on a daily basis in cross country and track and field.

The Monroe College track and field teams made their debut in the fall of 2007. The Mustangs track program fields six Division I teams: men’s and women’s cross country, men’s and women’s indoor track and field, and men’s and women’s outdoor track and field.

To build the track and field program, the Monroe Athletics Department has infused quality coaching, aggressive recruiting, and high standards of performance. It’s paid off. In the 2009 outdoor national championships Monroe athletes placed third in the high jump, fifth in the long jump, and sixth in the discus and hammer throws. At the 2010 outdoor nationals a Monroe All-American took second in the men’s discus and tenth in the women’s discus, and Monroe women finished fifth in the 100m and the 200m. They also competed in the Outdoor Track and Cross Country nationals in 2011, were Men’s Northeast District Outdoor Champs, and had a national champion in discus.

The sixth place team at both the 2013 Indoor and Outdoor NJCAA Track and Field Championships (the program’s best finishes) has an even bigger appetite for success and the Monroe men and women are raising standards of performance higher than ever before as they compete in some of the region’s most prestigious meets and best facilities—like the Armory Track & Field Center.

In 2014, the Monroe Mustangs hosted the 2014 NJCAA Indoor Track and Field Championships 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 championship within the five boroughs and the Monroe Mustangs track and field team was proud to be the host.
### Achievements

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<td>Outdoor Track and Field Championships – Bronze Medal (100m)</td>
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<td>2014</td>
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<td>2012</td>
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<td>Outdoor Track and Field Men’s Eastern District Champions</td>
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<td>2011</td>
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<td>Indoor National Track Meet – 9 participants, 1 All-American</td>
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<td>2011</td>
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<td>Cross Country National Track Meet – 1 participant</td>
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<td>2010</td>
<td>NJCAA Division I</td>
<td>Outdoor Track and Field Championships – Silver Medal (discus)</td>
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MEN’S SOCCER

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

Monroe has put together a world class coaching staff and has been focused on player development. Monroe men’s soccer draws its roster from the very best talent all over the world as well as exceptional local talent. Numerous Monroe soccer players have graduated with a degree from Monroe going 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, travelling throughout the northeast with players 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 in-house.

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

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 has now become a nationally-ranked powerhouse. The Monroe women won Region titles in 2010 and 2011 and were national finalists in 2011. In 2012, Monroe women’s soccer moved up to Division I and became a top-ten ranked team within their first month. By the end of that season they were ranked #6 in the nation and entered the postseason undefeated. Winners of two consecutive District and Region titles, in the 2013 national semifinals, the Mustangs took the nation’s #1-ranked team down to the final minutes.

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 drawing student/athletes from all over the globe, the Monroe women apply their dedication and commitment to community service, by assisting the disabled and other local organizations. They have shown themselves to be champions.

**ACHIEVEMENTS**

**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
With a stated goal of providing a stepping stone for young men to advance to their next opportunities in athletics and in life, Monroe Mustangs football is custom-designed so student-athletes can maximize their abilities on and off the field and in and out of the classroom. In fact, many will be continuing their collegiate careers in the NCAA after graduating from Monroe.

After being accepted into the NJCAA Division I Northeast Football Conference at the end of their inaugural season in 2012, the Monroe Mustangs wasted no time in making an impact in the conference in 2013. The team started the year off at 1–3 and then turned their season around with a win over top-ranked conference opponent Louisburg Community College. The milestone victory sparked a Mustangs six-game winning streak, finishing the season at 7–3 which placed them third in the conference, an especially impressive feat seeing as the conference began the season with four teams ranked among the nation’s top 25.
With an emphasis on skill development, physical fitness, discipline, and academics, Mustang volleyball players are destined for greatness. In many cases, players complete their two years of eligibility at Monroe and gain scholarships in NCAA programs.

Winning championships is also a prime goal, of course, and the philosophy of Monroe athletics is that if the focus is on the values listed above, success can’t help but follow on and off the court.

While members of the NJCAA Division II, Monroe was ranked within the top fifteen teams in the nation in 2012 and 2013, winning Region and District titles and playing in the National Tournament.

Monroe volleyball is a year-round program. They play home matches and practice in the spectacular Monroe Athletic Complex. During the preseason Monroe competes against NCAA competition and the Mustangs are known for doing volunteer work in the community.

In 2011 Monroe embarked on a 26-game winning streak on the way to a 29–4 record and play into the district finals. That year they were 15–0 in conference play and were ranked as high as #15 in the nation. In 2012, the Mustangs set a Monroe record for most wins (35–7) and were both Region and District champions, leading them to play in the NJCAA Division II National Tournament. They had a run of 22 straight match wins, which included a remarkable 66 straight sets in which they were undefeated.

**ACHIEVEMENTS**

- 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
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