APP STATE

MOUNTAINEERS RISE
WHAT IS MOUNTAINEERS RISE?

RESILIENCE
INTEGRITY
SERVICE
EMPOWERMENT

The Department of Athletics is committed to providing intentional programming to support the development of the student-athlete.

OUR MISSION
The Mountaineers RISE program aims to develop, nurture, support and prepare student-athletes to be world-class leaders.

THE VISION
To develop the student-athlete as a total person and assist them in building a solid foundation for a successful life after intercollegiate athletics.

CORE VALUES
Our core values guide and govern our actions at all times. They define “the Mountaineer way”.

1 ACADEMIC INTEGRITY
2 SOCIAL RESPONSIBILITY
3 COMPETITIVE EXCELLENCE
4 WORLD-CLASS EXPERIENCE
COURAGEOUS CONVERSATIONS

This programming provides Appalachian’s student-athletes with a safe, comfortable and inclusive environment for open, honest and vulnerable conversations on topics of their choice. We want to equip our student-athletes with the tools and resources available on campus and in the community to successfully navigate through challenges.

- Health & body image
- Race, diversity & inclusion
- Mental health & wellbeing
- Healthy relationships
- Financial literacy
- Stress & time management
- Life transitions
- Social media

WE ARE HONEST WITH EACH OTHER
WE ACT WITH INTEGRITY
TRUST IS OUR FOUNDATION
WE ENCOURAGE VULNERABILITY
WE DEMONSTRATE COMPASSION
WE ENGAGE IN COURAGEOUS CONVERSATION

PROFESSIONAL & CAREER DEVELOPMENT

Professional & career development programming provides student-athletes with the necessary skills and resources to transition into a professional career of their choice. The Department of Athletics partners with the Career Development Office & Athletes to Careers to provide unique opportunities for student-athletes to prepare for a career after athletics.

- Resume workshops
- Career exploration opportunities
- Dining etiquette
- Networking Nights
- Job search and placement assistance
COMMUNITY ENGAGEMENT

MOUNTAINEER MOVES
Mountaineer Moves is a community service initiative that focuses on building a foundation of service, collaboration and community engagement.

2017-2018 COMMUNITY SERVICE
Walk For Awareness
Homecoming Blood Drive
Morning with the Mountaineers
Hospitality House
Disaster relief
Back to School Festival
Operation Christmas Child
Habitat for Humanity
Salvation Army
Hunger & Health Coalition
Operation Smile
Boone Boo
High Country Half Marathon
Read-A-Thon Pep Rally
City-to-Mountaineers program
Western Youth Network
Girls on the Run
LEADERSHIP DEVELOPMENT

PROGRAM GOALS
To deliver a robust and effective leadership program tailored specifically for the unique needs of student-athletes that will prepare and develop Mountaineer student-athletes into effective leaders on campus, on their teams, in the community as well as in their professional career. The program incorporates the transformational leadership values that assist student-athletes in gaining greater self-awareness of themselves as leaders. The program will teach student-athletes how to maximize their effectiveness in leading, influencing and inspiring others.

LEADERSHIP GOALS

LEADERSHIP INSTITUTE
All student-athletes will participate in an in-depth leadership development course that promotes, self-exploration/awareness, professional leadership skills and leading peers.

HABITUDES
This leadership development system is based on the series of books entitled Habitudes: Images that Form Leadership Habits and Attitudes, written by Dr. Tim Elmore, President of Growing Leaders. Because of the universal values this series helps to impart, athletic programs across the country have used Habitudes to help develop character and leadership in their athletes. What makes these tools so powerful is the research-based training methods which use distinct images, conversations and experiences to teach timeless life and sports leadership skills in an engaging, memorable way.

STUDENT-ATHLETE ADVISORY COMMITTEE
The SAAC mission is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive image. This is achieved through provided community service opportunities and campus activism for all varsity student-athletes, voting on National Collegiate Athletic Association (NCAA) and athletic conference legislation and being the voice of varsity student-athletes on campus.
2018-19 SAAC MEMBERS

EXECUTIVE BOARD

ASHLEY MUSCHIATTI
PRESIDENT
TRACK & FIELD

KEVIN KERLEY
VICE PRESIDENT
MEN’S BASKETBALL

KALEB BOWMAN
COMMUNITY RELATIONS &
CAMPUS OUTREACH
BASEBALL

JENNY DODD
SECRETARY
SOFTBALL

MEN’S CROSS COUNTRY
BEN CIGNARALE
SAWYER GWYN-ROWSOM

WOMEN’S CROSS COUNTRY
ANN SEKUTOWSKI
KATE BUTLER
KYLEE FRADY

MEN’S SOCCER
IAN BENNETT
JAKE CHASTEEN
MARC PFRONGER

WOMEN’S SOCCER
EMMILY COWIE
TRISTAN DERRICK
KRISTEN BROWN

VOLLEYBALL
SYDNEY FARTHING
GRACE MORRISON
LEXI KOHUT

FOOTBALL
VICTOR JOHNSON
DEVIN PAPENHEIM
JORDAN FEHR
NOAH HANNON
CHANDLER GREER

BASEBALL
KALEB BOWMAN
CJ BROWN
KENDALL MCGOWAN

MEN’S BASKETBALL
KEVIN KERLEY
BENNETT HOLLEY

WOMEN’S BASKETBALL
KAILA CRAVEN
MADI STORY

MEN’S TRACK & FIELD
BRENTON ERVIN
MIKE UTECH
TRISTIAN SHAVER

WOMEN’S TRACK
ASHLEY MUSCHIATTI
SAMARA GIBSON
ILA MUMFORD
BAYLEE BILEYEU

MEN’S GOLF
TRIPP SUMMERLIN
WEIGHTSUELL WATSON

WOMEN’S GOLF
JOLIANA ELIAS
SARAH HARDIN

FIELD HOCKEY
RACHEL GAINES
ALI WILLIAMS

WRESTLING
CHRISTIAN BEACH
JONATHAN MILLNER

SOFTBALL
JENNY DODD
JESSE WILSON

MEN’S TENNIS
BEN WEBSTER
ZION HEAVEN

WOMEN’S TENNIS
KATE EARNHARDT
HEIDI SWOPE

CHEER
BECKY SHAFFER
BRIAN AUD

ATHLETIC TRAINING
SAM GIBBONS
HALEY BERRY
THE MOUNTAINEER CUP

The Mountaineer Cup is a competition among the 20 teams in the Appalachian State University’s Athletic Department. The competition will promote academic excellence, Athletes Supporting Athletes, competitive performance within each sports league and community service. This contest exemplifies what it means to be a student-athlete within the Appalachian State Department of Athletics.

ACADEMIC PERFORMANCE

Each team will have the opportunity to compete within their sport by raising their overall team GPA during the fall and spring semesters. Academic Services for Student-Athletes will examine team GPAs from the respective semester. Teams with the following GPAs will receive the following points:

- 2.0-2.49 = 25 points
- 2.50-2.99 = 50 points
- 3.0-3.3 = 75 points
- 3.31 or above = 100 points

ATHLETES SUPPORTING ATHLETES

SAAC representatives and coaches will determine their sport’s designated Athletes Supporting Athletes games. Each sport will be given two games. The points awarded will be a percentage based on the NCAA squad list/rosters submitted. Teams will be able to terminate the lowest two scores of participation during the fall and spring academic semesters.

COMMUNITY SERVICE

Throughout the academic year, teams will have an opportunity to complete eight community service events of their choice. Coach or SAAC representatives will approve the community service event to count toward the team’s percentage points for the month. A total of 15 points can be awarded for each community service event. Prior notice of at least two days is needed so that the event can be verified and documented in advance.

COMPETITIVE PERFORMANCE

100 points will be awarded for winning the Sun Belt Conference Championship and/or regular season, followed by declining amounts for teams that are in the upper, middle and lower 1/3 of the Sun Belt Conference. Based on where a team finishes within the Sun Belt Conference regular season and tournament place finish for those who do not have a regular season competition that ranks them.
MOUNTAINEER WELCOME BACK

The Department of Athletics hold an annual welcome back event for nearly 450 student-athletes to kick off the academic year. The event begins with a short program introducing the Athletics Director, Dean of Students and support staff. Following the program, App State Athletics hosts a BBQ cookout for all student-athletes, coaches, staff and families to enjoy an afternoon of fun and games.

LETTER JACKET CEREMONY

Bi-annually the Department of Athletics hosts a ceremony to honor first-year letter winners for their commitment to excellence, our core values and success on the playing fields. Former letter winners address the student-athletes at the ceremony sponsored by the Former Athletes Association (FAA).

SENIOR GRADUATION DINNER

To honor all graduating senior student-athletes, the athletics department hosts a dinner for all seniors and their families. Two senior student-athletes address their peers during the dinner to speak about their experience as a Mountaineer. Each senior is provided with their senior student-athlete gift.

THE APPSPY’S

The APPSPY Awards is the annual end-of-year celebration organized by the Student-Athlete Advisory Committee. This end-of-year awards ceremony is held to recognize individual and team athletic achievement on and off the playing fields. This is a fun-filled evening for the student-athletes to walk the red carpet and receive various awards for their accomplishments throughout the year.