

MAC

ATHLETICS

Purpose: To teach and test life skills through sport and exercise



We value athletics, recreation, and wellness as a powerful tool to shape and influence the lives of its participants including students, coaches, fans, and friends. These activities contribute to your development, in particular physical and emotional excellence. We believe strongly that these activities can educate the whole person in mind, body, and spirit. Athletics, recreation, and wellness activities reflect the values and mission of Macalester, particularly in our aim to produce well-rounded and thoughtful citizens exposed to ethical decision making, a diversity of cultures, and civic engagement.

ABOUT US

Macalester offers 21 sports at the intercollegiate level competing within Division III of the NCAA, with 381 students participating in varsity athletics. All sports, except women's water polo and football, compete as members of the Minnesota Intercollegiate Athletic Conference. In addition, we offer a number of club sport opportunities including ultimate frisbee, hockey, crew, rugby, water polo, co-ed tennis, and Nordic skiing. You can participate in a wide variety of intramural activities throughout the year. Last year nearly 400 participants engaged in club and intramural activities. You can also enroll in fitness/wellness/lifetime sport activity courses including Pilates, weight training, swimming, Karate, Tai Chi, and a myriad of yoga offerings.



CONNECT WITH US:

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ADAPTING TO COVID-19:

In addition to following MDH, CDC, and MIAC guidelines, Macalester Athletics is developing plans to prepare for the challenges inherent in restarting team activities safely. Sport coaches, athletic trainers, and professional staff are preparing training sessions using the NCAA guidelines on return to activities. Additionally, we'll provide a variety of programming focused on the development of student-athletes and enhancing wellness within our community.

SAFE RETURN TO TRAINING

Through our sport performance program, we focus on strength training, conditioning as well as injury prevention, treatment and return to competition. Working with Alina Health, our athletic training program oversees all rehabilitation services to focus both on in-person and virtual rehabilitation for student-athletes. Our teams will continue sport-specific initiatives, focusing on team culture, cohesiveness, and skill development.

CONTINUING OUR INVESTMENT IN DEVELOPING FUTURE LEADERS

We will continue to provide access to resources that prepare you to develop lifelong wellness skills. Student athletes will continue to have access to sport psychology (team and individual sessions), nutrition education and meal planning, and sleep well initiatives. This year, we've added an additional half day of sport psychology appointments to make sure that we're meeting the mental health needs of our student-athlete community.

Our mission is to develop lifelong leaders. This year MAC athletics will work in partnership with the center for entrepreneurship to develop a leadership program specifically for student-athletes. The program will focus on the development of future leaders (first years), emerging leaders (sophomores and juniors), and current team leaders (captains and leadership teams)

Student-led initiatives include Macalester's Student Athlete Advisory Committee (SAAC) and the Student Athlete Mentors (SAMs) program. Our Student Athlete Advisory Committee represents the voice of the student-athlete at the institutional, conference, and national levels. This group, composed of student-athletes from each varsity sport on campus, will continue to meet and discuss pertinent issues, promote the student-athlete spirit, and develop programming to support the mission of the NCAA SAAC.

The Student Athlete Mentors (SAM's) group will also continue their efforts to empower student-athletes through leadership development and educational initiatives in order to cultivate a supportive culture with a holistic approach to well-being; specifically, seeking to promote personal growth, mindful decision-making, and emotional well-being. The SAMs are one of several units within the department that will focus on developing clear goals, expectations, and initiatives to improve diversity, equity, and inclusion within the athletic department.

TAKING WELLNESS TO THE COMMUNITY

We partner with members of health and wellness and other groups on campus to provide MAC Fit, a community fitness program. This program delivers a mixture of workouts and information to the community on how to be active and educated about self-health and wellness. Events include virtual and outdoor workouts, nutrition guidance, mental health, sleep, yoga, etc.

IDENTIFYING AND ACQUIRING THE BEST CLASS EVER ASSEMBLED!

We think beyond individual program recruitment and utilize innovative department-wide tactics and best-practices to build a recruiting class that represents roughly 20 percent of incoming students annually. Through virtual visits, social media, and enhanced recruiting strategies targeting local students and students from underrepresented and BIPOC groups, we aim to recruit the most talented and diverse class.

PROVIDING OUTLETS AND SAFE OPPORTUNITIES TO LEARN AND COMPETE

All physical education courses will be implemented in a hybrid format. The first three weeks of module 1 will be held remotely or outside. After the third week of module 1, all instructors have the opportunity to hold some of their classes in person if they feel it can be done safely.

Instructors will utilize both the fieldhouse and the studios, depending on the class size. Not all class offerings will be held in person after the third week, and all instructors will continue to offer at least a portion of their classes remotely. All of the classes we are offering this fall can be done remotely if we feel it is not safe to conduct in person classes. Instructors will follow the safety guidelines set forth by the college and classes sizes have all been reduced.

We will continue to support our intramural and club sport teams by providing opportunities to keep students healthy and safe through non-contact options for practice and competition. Additionally, all students can look forward to new, physically distanced activities, including yard game tournaments, esports, and outdoor seasonal activities.