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Women's Basketball: The Meaning Behind GRIT by Faith West

by Faith West

Homecoming Edition

This year, the Mount Vernon Nazarene University women's basketball program will enter its third season with the theme of GRIT. When asked about the inspiration behind GRIT, head coach Amanda Short explained, "As I got more experience as a coach, I realized how important it was to have a central message for your players. [It helps] them understand what is expected of them on and off the court." Short went on to say that she chose GRIT because she loved the word and wants all her players to display this characteristic in all they do. After choosing the word, Short then developed an acronym in order to outline her expectations for the team and give her players a common goal outside of winning.

Sophomore Emily Walker echoed this statement by saying the word GRIT is both the toughness that should be displayed on the court as well as the acronym for the team values of godliness, responsibility, integrity and togetherness. Senior Maggie Coe went on to explain that godliness is the cornerstone of the team's values and is "essential to embody on and off the court." She also mentioned that responsibility and integrity are a large part of being a student athlete since these students are held to a higher standard. Lastly, Coe emphasized the importance of togetherness for this season and stated, "Basketball is not an individual sport, and the bond we make together as teammates is a really special thing that can elevate our chemistry on the court as well."

Throughout this preseason, the team's chemistry has already improved and will likely be key in overcoming the challenges that lay ahead this year. The basketball season is very long and, according to Coe, will require incredible mental toughness to remain focused. Coach Short also shared that she believes the team's greatest challenge lies in the Crossroads League but is hopeful about the talent and potential she sees within the team. Even when looking ahead to these challenges, Coe still holds a positive outlook and believes that "if we stick together as a team, we can accomplish great things."



Are you always at MVNU sporting events? Do you love rewards? If you answered "yes" to either or both of those questions, then you're in luck, because the MVNU athletics department is launching a new fan attendance and rewards app.

Titled "Paw Perks," the app is one of many created by FanMaker, a company that specializes in building loyalty apps and websites for universities and professional sports teams. FanMaker has partnered with many big brands, such as the Kansas City Chiefs, Chicago Blackhawks, Detroit Pistons, and Clemson and Alabama, just to name a few. Monica Davis, a client activation coordinator at FanMaker, said, "Our apps add to the gameday and fan experience by automatically awarding fans points for attending events, answering trivia, logging in to the app to view stories and more." She further added that "fans can then turn those points into great prizes, whether that be autographed items, apparel and even gameday experiences!"

MVNU Athletics Coordinator of Development Paul McNeal said this app will join the list of things MVNU has added to enhance the gameday experience in recent years, such as giveaways and the new Kokosing video boards. "Our goal is to create an environment that attracts not only our student body but also the entire community of Mount Vernon," he stated. Although the app is mainly for athletics, student life and admissions will also find ways to utilize its capabilities.

To create an account, go to MVNUPawPerks.com, or search "MVNU Paw Perks" in the App Store or Google Play.

Homecoming is really a highlight of the year as it is a time that many alumni come back for their reunions or to reconnect in-between reunion years. It is also a time when a lot of community members come and join us to see basketball games, concerts, plays, and a lot of other things as well. It is really one of the key times for us to be with the people that we are trying to serve all year long.

Another big part of MVNU homecoming is connecting our alums to our current students and many opportunities for them to interact. Homecoming is such an important time because as the community of MVNU comes back together, we are a community that is collected here and then we disperse around the world to make our impact in a variety of ways. Sometimes you start to lose track of people and you lose contact; but homecoming is a time when you come back home and remember those roots. You remember where you came from and the people who shaped you. By that, I don't just mean your faculty, staff and administrators but the fellow students who literally changed your life through the conversations and prayers that we have together. Homecoming is a time for our community to come back together and give thanks for what the Lord has done in and through us while we are here together.

-James Smith, Vice President for University Relations



One Last Hurrah for Men's Basketball Seniors by Mike Basko

As men's basketball returns to MVNU this year, seniors Kyle Kegley and Eric McLaughlin are ready to return to action for their final season. Both seniors have high hopes for their team and what they can accomplish this year. Despite going into their last season, both Kegley and McLaughlin stay focused on what the team will achieve collectively.

Kegley said, "I don't really set individual goals...whatever comes, as long as we're winning, that's all that matters. We want to hold ourselves to that standard of competing every day with anyone, no matter what their rank is. We're going to go out and show who we are as a team." Kegley is eager to see what this team can do on the court this season.

McLaughlin also stated, "There are specific goals that I made for myself relating to basketball that will remain personal for this year. However, one major goal of mine is to breathe as much life and confidence into my teammates as possible with the time I am given here at MVNU." McLaughlin is taking his leadership role seriously and wants to show the younger players the ropes of this basketball team.

It is also crucial for both Kegley and McLaughlin to leave a lasting impact on the team. McLaughlin said, "I want to simply continue to be a seed planter, meaning I am doing everything in my power to plant seeds in younger guys to grow their ability to lead one day. I also want to continue to emphasize my teammates' worth off of the floor." Kegley also added, "I want to look at that and have people say that I've done my best to put the team in winning situations." He stated that he does not care about the number of points he scores. What is important to him is that the team works together to put themselves in a winning position.

Coach Jared Ronai said of them, "A lot of times, a leader's legacy is shown in how the next leader leads within the program. I'm confident that they are going to lead well and help their teammates grow on a daily basis." Kegley's and McLaughlin's examples are something that the younger players can look up to in emulating a winning strategy, and they hope their leadership can positively impact everyone on the team.

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MVNU Athletics Launches New App

by Daniel Skrzypchak

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