

An Insight into MCPS Athletics

Summer 2023 ♦ Issue 20



To Do Your Best,
You Need to Rest!
Enjoy a Healthy Summer!

The R.A.I.S.E. Report

Director's Message

our student-athletes! As we look forward to next year, we are excited to launch our enhanced sports medicine program, which includes a full-time certified athletic trainer in each high school, led by our health and safety coordinator, Mr. Shawn Hendi. We are also excited to partner with MedStar Health, which features the largest sports medicine program in the region! Additionally, we will continue our efforts and work around safety and security and promoting equity and access, as we continue to align our efforts with the MCPS Antiracist Audit. We are kicking off this work with event safety and security training for athletics specialists and principals, and diversity, equity, and inclusion learning during the month of July. Be sure to check the [MCPS Athletics website](#) for the latest information and updates about our program. We look forward to another amazing year of MCPS Athletics – in the meantime, enjoy the rest of your summer!

Together #WeRAISE MCPS Athletics! – Dr. Sullivan

R.A.I.S.E. Outs!

Congratulations Retirees!

MCPS Athletics honored three retirees at the June monthly meeting of Athletics Specialists (ADs).

Ms. Heather Podosek has served as AD at Paint Branch High School for thirteen years, hosting various MPSSAA region and state tournament events over time.



Mr. Tom Rogers has served as AD at Walter Johnson High School for eight years, in addition to serving for twenty years as the meet director for the prestigious Montgomery Indoor Track Invitational.

Mr. Andy Wetzel, the longest tenured AD, has served as the Walt Whitman High School AD for sixteen years and has been instrumental in various aspects of the MCPS athletics program including hosting county championships, scheduling, and mentoring new ADs.

50 Year Coaching Recognition

Coach Herb Tolbert, Gaithersburg Cross Country, Indoor Track, and Track & Field Coach, was recently celebrated for his 50 years of coaching thousands of student-athletes and mentoring hundreds of new coaches.



MCPS is grateful for his inspiring motivation, and genuine love for coaches and student-athletes.

NATIONAL & STATE SPOTLIGHT

MCPS Athletics Sports Medicine Program

MCPS will launch an enhanced sports medicine program for the 2023-24 school year. This program includes a health and safety coordinator, Mr. Shawn Hendi, 25 full-time, 12-month certified athletic trainers, and the enhancement of existing health and safety protocols. The sports medicine program is led by Mr. Hendi, and supported through a partnership with MedStar Health. A focus of the program is a care over coverage model, where the comprehensive care of student-athletes is the priority, rather than simply covering events. Stay tuned for more information about sports medicine and be sure to connect with your new certified athletic trainer.

SALC Shines at the State Level

Several members of the Student-Athlete Leadership Council (SALC) presented a session on "Creating Team Captains and Student-Athlete Leadership Councils" at the 2023 Maryland State Athletic Directors Association (MSADA) Conference held at the Princess Royale hotel in Ocean City, Maryland. MSADA was founded in 1976 to provide a professional organization for the public, private, and parochial athletic administrators in the secondary schools in Maryland. We appreciate Corinne Howard (Richard Montgomery), Ella Rishell (Watkins Mill), Deep Mistry (Springbrook), and Silvan Unger (Montgomery Blair) sharing their SALC experiences with athletics directors across the state! In addition, a [SALC webpage](#) was constructed to support the presentation, which can be found on the MCPS Athletics website.



Students Who R.A.I.S.E.

2023 Minds in Motion Scholarship Winners

Congratulations to Mr. Etana Heda, Springbrook High School, and Miss Grace Jennings, Winston Churchill High School, who were selected as MCPS recipients of **2023 Minds in Motion Scholar-Athlete Scholarships**, presented by the MPSSAA. Mr. Heda and Miss Jennings were honored and received their awards at the 2023 Minds In Motion Scholar-Athlete Scholarship luncheon, held on June 1, 2023 in the Ravens team locker room at M&T Bank Stadium.



2023 Spring Champions

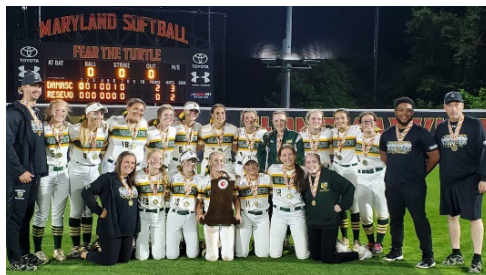
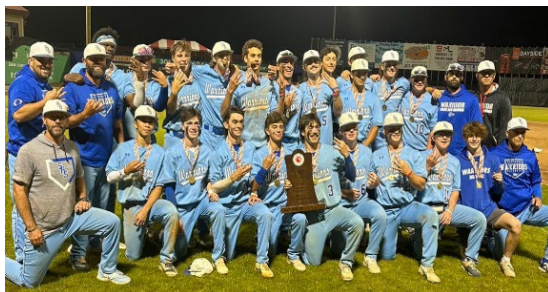
In Spring 2023, MCPS athletic teams won a total of 93 championships, including four state championships, four state finalists, four state semifinalists, 22 regional championships, 14 county championships, and 44 division championships. In addition, 25 MCPS student-athletes won individual state championships. Finally, we celebrate Sherwood High School for capturing a third consecutive state baseball championship and the state sportsmanship award for boys' lacrosse! Congratulations to all teams, coaches, and student-athletes!

MPSSAA 2023 Spring Sportsmanship Champions

Sport	School	Coach
Boys' Lacrosse Ron Belinko Sportsmanship Award	Sherwood	Matt Schneider

MCPS 2023 Spring State Champions

Sport	School	Coach
4A Baseball (3 rd consecutive)	Sherwood	Coach Davis
3A Softball	Damascus	Coach Burns
2A Tennis	Poolesville	Coach Johnson & Coach Lang
4A Tennis	Montgomery Blair	Coach Lynch & Coach Ngbea



Middle School Athletics

The Middle School Athletics Workshop will be conducted June 21–23, 2023. The primary focus of the workshop is to prepare and plan for the upcoming school year by generating the 2023–24 middle school athletic schedules and producing the *Middle School Athletics Handbook*. Once finalized, athletic schedules are posted on the [MS Schedules webpage](#) of the MCPS Athletics website.



Coaches' Corner

Fall Athletic Season

Maryland Public Secondary Schools Athletic Association (MPSSAA) fall interscholastic athletic teams may begin practices on Wednesday, August 9, 2023. Though it is not mandatory that fall teams begin practice on August 9, 2023, all teams must begin practices by Saturday, August 12, 2023. Teams may distribute equipment on Tuesday, August 8, 2023.

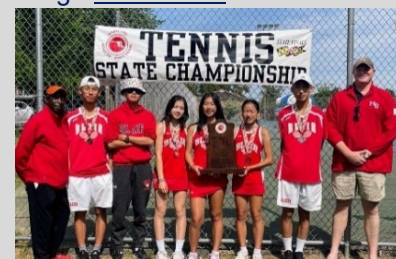
Fall Preseason Meetings

The coaches' preseason meetings for cheerleading, cross country, field hockey, football, golf, pompons, boys' and girls' soccer, and girls' volleyball will be held Tuesday, August 8, 2023, at Watkins Mill High School. All coaches will attend the general session in addition to their respective sport-specific session.

The athletic trainers' preseason meeting will also be held on Tuesday, August 8, 2023, at Watkins Mill High School from 11:00 a.m. until 12:30 p.m., followed by the general session at 1:30 p.m. Additional training will be administered in July.



The [Fall Rules Clinics](#) for MPSSAA sports are available through [NFHSlearn](#).



Did You Know...

The National Interscholastic Athletic Administrators Association (NIAAA) provides four levels of certification for both high and middle school athletic administrators, including the Registered Athletic Administrator (RAA), Registered Middle School Athletic Administrator (RMSAA), Certified Athletic Administrator (CAA), and the Certified Master Athletic Administrator (CMAA). Currently, MCPS is employing 15 CMAA's, eight CAA's, and six RAA's. **#WeRAISE**

