

An Insight into MCPS Athletics

Spring 2019 ♦ Issue 3



“Your positive energy and vision must be greater than anyone’s and everyone’s negativity.”

– Jon Gordon

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

Director’s Message

our office in administering the MPSSAA boys’ basketball tournament. As the spring season rolls along, we appreciate the collective efforts of all stakeholders with implementing the enhanced supervision action plans for high school and middle school athletics. Additionally, a workgroup of student-athletes, coaches, and athletic directors has been working hard behind the scenes to lay the groundwork for a Student-Athlete Leadership Council. We appreciate the efforts of this group, which is being led by our athletics specialist, Ms. Kathy Green. In closing, we appreciate your ongoing efforts on behalf of our student-athletes and look forward to a strong finish to the school year!

Together #WeRAISE MCPS Athletics! – Jeff

COACHES’ CORNER

MPSSAA Boys’ Basketball Tournament

The 2019 MPSSAA Boys’ Basketball State Tournament was a huge success thanks to the collaborative efforts of the MCPS Athletics Unit and many athletic directors and coaches, from MCPS and around the state of Maryland. The tournament motto “*100% Preparation and 100% Execution*,” ensured the experience of a lifetime for all coaches, parents, fans, school communities and, most importantly,



our student-athletes. A special thanks to Dr. Sullivan for serving as the tournament director and to operations directors Mrs. Robin McCue and Mrs. Dawn Robinson for elevating the tournament experience for all stakeholders across the state! Be sure to watch the latest episode of [Sports Insight](#) to learn more about the road to the tournament!

ATHLETIC DIRECTORS’ SPOTLIGHT

MPSSAA Student-Athlete Leadership Conference

The Maryland Public Secondary Schools Athletic Association (MPSSAA) is currently registering rising sophomores, juniors, and seniors who participate in interscholastic athletics for the 10th Annual [Student-Athlete Leadership Conference](#). The conference is scheduled for Saturday, June 8th at Howard High School in Ellicott City, Maryland, with registration beginning at 8:00 a.m. MCPS is offering transportation for student-athletes attending the conference from satellite locations. Each local school athletic director has the opportunity to register four delegates. Our goal is to have all 25 high schools represented!

Athletic Director Site Visits

Standard V of the *High School Athletic Director Performance Standards, Performance Criteria, and Descriptive Examples*, encompasses continuous improvement through professional development. During the 2018–2019 school year, athletic directors actively promoted their professional growth by participating in two school site visits. ADs are sharing best practices learned and shared during these educational experiences at their professional learning community (PLC) monthly meetings during the spring.



Accepting Visa & MasterCard

The Athletics Unit and the MCPS Division of Controller collaborated on a pilot program to offer the option for patrons to use credit cards for purchasing tickets at high school athletic events. Athletic directors at Clarksburg, Quince Orchard, Springbrook and Wootton participated in the credit card pilot program. Stay tuned for 2019–2020!

Seasonal Health & Safety Tip

Did you know that **Rhabdomyolysis** occurs when muscle fibers break down and fluids are released into the bloodstream? Rhabdomyolysis can cause severe long-term affects, ranging from intense pain to permanent kidney damage. For more information, be sure to visit the [Student-Athlete Preseason Health & Safety Presentation](#) on the MCPS athletics website!

Coaches Who R.A.I.S.E.

Save the Date!

Middle School Interscholastic Athletics

The middle school interscholastic athletics program is a planned extension of the physical education instructional and intramural programs. Although the athletics program offers a high level of competition, its primary purpose is to provide the opportunity for advanced skill development for all students in Grades 7 and 8 with interests and/or talents in athletics. The athletic coordinator is responsible for organizing and administering the middle school interscholastic athletics program.



Sport offerings for the middle school interscholastic athletics program include boys' and girls' slow pitch softball, coed cross country, boys' and girls' basketball, and boys' and girls' soccer.

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[Sports Insight](#), our monthly TV and internet show highlighting the MCPS interscholastic athletics program, recently featured MCPS staff members who serve as coaches at their respective middle schools. Be sure to check it out! Thank you to Coach Stephen Ricketts (Hallie Wells) and Coach Allyson Swailes (Westland) for appearing in the episode!



- The Care and Prevention of Athletic Injuries (PE-22) spring session will begin June 3, 2019. For more information and the application, refer to [Athletics Website](#).
- The MCPS **Gymnastics** Championship Meet will be held at Sherwood High School on Tuesday, May 7, 2019.
- The MCPS **Gymnastics** Varsity B Meet will be held at Walter Johnson HS on Thursday, May 9, 2019.
- The MCPS **Track and Field** Championship Meet will be held at Watkins Mill HS on Wednesday, May 8, 2019.
- The MCPS **Track and Field** Varsity B Meet will be held at Clarksburg HS on Saturday, May 11, 2019.
- The MCPS **Boys' & Coed Volleyball** Championship Matches will be held at Magruder HS on Tuesday, May 14, 2019.
- Refer to the [MPSSAA Website](#) for region and state finals dates!

#WeRAISE

Coaches, student-athletes, athletic directors, athletic coordinators and stakeholders across the MCPS athletics program are encouraged to celebrate and promote examples and accomplishments that exemplify our R.A.I.S.E. core values. When doing so on social media platforms, users are encouraged to tag @MCPSAthletics and include the hashtag #WeRAISE.



#WeRAISE Moment:
Col. Zadok Magruder Alumnus, Mr. Markus Davis & Springbrook Alumnus, Mr. Kamal Mayer served as basketball officials for the MPSSAA State Boys' Basketball Tournament.
#GivingBack

ATHLETIC COORDINATORS' SPOTLIGHT

This spring, athletic coordinators across the MCPS middle school interscholastic athletics program implemented a local school action plan enhancing the supervision of student-athletes.

The countywide athletic coordinators end-of-year meeting is scheduled for June 6, 2019, at the Carver Educational Services Center (CESC); the meeting will begin at 3:30 p.m.

Opening day of the spring boys' and girls' soccer season was March 27th. Schedules are available on the MCPS website on the [middle school athletics web page](#). Good luck to all teams this season!

"OFFICIALLY" SUPPORT ATHLETICS

Do you know any sport lovers that would like to support the MCPS Interscholastic Athletics Program? The MPSSAA is currently registering officials in numerous sports. If you know someone interested in officiating, who is at least 18 years of age and a high school graduate, the opportunity is only a [click away!](#)

Did You Know...

MCPS Winter 2018–2019 athletic teams won a total of 60 championships, including 7 state championships, 13 district or regional championships, 32 division or county championships, and 7 sectional championships. **Paint Branch** won the 4A Indoor Track State Championship, **Winston Churchill** won the 4A/3A Boys' State Swimming Championship, **Sherwood** won the 4A/3A Girls' State Swimming Championship, **Poolesville** swept both the 3A/2A/1A Boys' (8th consecutive) and Girls' (5th consecutive) Swimming State Championships, **Springbrook** won the 4A Wrestling Dual Meet State Championship, and **Damascus** won the 2A Wrestling Dual Meet State Championship (7th consecutive). Additionally, the **Sherwood** High School swimming team won the MPSSAA Sportsmanship Award! #WeRAISE