

An Insight into MCPS Athletics

Spring 2020 ♦ Issue 7



“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

Until we return to action and competition, we must come together to “flatten the curve” and do everything we can to contribute to the public health in our communities. Our athletic directors and cross country/track & field leaders immediately rose to the challenge, in coordinating the delivery of over 40 pop-up tents to our food centers across MCPS. Additionally, coaches have done an outstanding job providing resources to student-athletes and promoting positive energy across our program. Finally, I appreciate the efforts of our student-athletes, who continue to make us proud as leaders in our schools and communities. When we return to action and competition, we will do what we do best – provide genuine learning opportunities and spirited competition for our student-athletes and rally and unite our communities together. In the meantime, please be safe and do everything you can to assist with social distancing and supporting all local, state and national directives.

Together #WeRAISE MCPS Athletics! – Jeff

MCPS Sports Nation – These are certainly challenging and unsettling times, as we navigate uncharted waters together with the COVID-19 pandemic. However, with the collective efforts of us all, we will get through this together.

COACHES’ CORNER

ATHLETIC DIRECTORS’ SPOTLIGHT

First Fall Practice Date

Maryland Public Secondary Schools Athletic Association (MPSSAA) fall interscholastic teams may begin practices on Wednesday, August 12, 2020. Teams may distribute equipment on Tuesday, August 11.

Fall Preseason Coaches Meeting

The fall preseason coaches’ meetings will be held Tuesday, August 11, at Northwest High School. All coaches will attend the general session in addition to their respective sport-specific session. The team handball preseason meeting will be held Wednesday, September 2, 2020, 3:30–5:00 p.m., at a location to be determined.

Fall varsity coaches are expected to attend the preseason coaches’ meeting for their sport. Attendance for varsity coaches is mandatory; attendance for junior varsity is optional but strongly encouraged.

Fall Athletic Trainers Meeting

The athletic trainers’ preseason meeting will be held on Tuesday, August 11, 2020 at Northwest High School, Room 220, at 10:30 a.m.

MCPS in the National Spotlight

Mr. Edward Clarke, Chief Safety Officer, Department of Systemwide Safety and Emergency Management, Mr. Cliff Elgin, Athletic Director, Damascus High School, and Dr. Sullivan represented MCPS at the 6th Annual Interscholastic Athletics and After-School Activities Safety and Security Summit hosted by the National Center for Spectator Sports Safety and Security (NCS4). The Summit addresses critical safety and security issues facing interscholastic athletics and after-school activities. Dr. Sullivan and Mr. Clarke presented a Case Study: Supervising Athletics and Extracurricular Activities on behalf of MCPS.



Celebrate MCPS Athletic Trainers



Each March we celebrate National Athletic Trainers Month, to recognize the countless hours that certified Athletic Trainers (ATCs) spend providing services associated with participation in the interscholastic athletics program. ATCs administer emergency and first aid care as allowed by the Code of Maryland Regulation (COMAR), the National Athletic Trainer’s Association (NATA), the Maryland Board of Physicians, and MCPS policies and regulations, and are a vital part of all 25 high school athletic departments. Thank you ATCs!

MPSSAA Wrestling Makes History

The MPSSAA debuted the inaugural Girls’ Wrestling State Championships on March 5, 2020 at The Show Place Arena in Upper Marlboro. Jasmine Gong (Thomas S. Wootton HS) was the first ever Girls’ Wrestling State Champion! Richard Montgomery, Walt Whitman, Montgomery Blair, and Watkins Mill also produced state champions! Congratulations to all our student-athletes who participated in this historical event!



SEASONAL HEALTH & SAFETY TIP

Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19. #FlattenTheCurve

STUDENTS WHO R.A.I.S.E.

Seneca Valley High School Captains Council

The inaugural Seneca Valley High School (SVHS) Captains Council, under the direction of Mr. Jesse Irvin, SVHS Athletic Director, has engaged coaches and student-athletes on discussions involving leadership, service, and community. The goal of the SVHS Captains Council is to promote the R.A.I.S.E. core values of MCPS Athletics in all aspect of student life. The SVHS Captains Council has completed two community services projects serving both local hospitals and citizens in the community.



MoCo Pride and the Student-Athlete Leadership Council

The Athletics Unit recently met with the student leaders and members of the MoCo Pride student organization to elicit their voices on LGBTQ+ experiences and discuss access to participation in the interscholastic athletics program.



The voices of MoCo Pride were shared at the March meeting of the Student-Athlete Leadership Council to engage student-leaders in discussions surrounding best practices for promoting a positive culture for LGBTQ+ student-athletes.

STUDENT-ATHLETE ONLINE EDUCATION

MCPS Athletics is encouraging student-athletes interested in elevating their leadership skills and increasing their sport health knowledge during the COVID-19 closure, to participate in free online courses offered by the [National Federation of High Schools \(NFHS\)](#). #BeWell365

[ACL Injury Prevention](#)

[NCAA Eligibility](#)

[Captain's Course](#)

[Social Media for Students](#)

[Concussion for Students](#)

[Sport Nutrition](#)

[Hazing Prevention for Students](#)

[Sportsmanship](#)

"OFFICIALLY" SUPPORT ATHLETICS

Do you know any sport lovers who 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!](#)

The NFHS offers several free online courses for [officials](#) including [basketball](#), [football](#), [softball](#), [soccer](#), [swimming and diving](#), [volleyball](#), and [wrestling](#).

Did You Know...

MCPS Winter 2019–2020 athletic teams won a total of 60 championships, including 7 state championships, 20 district or regional championships, and 33 division or county championships. **Paint Branch** won the 4A Boys' Indoor Track State Championship, **Walt Whitman** won the 4A/3A Boys' State Swimming Championship, **Bethesda Chevy-Chase** won the 4A/3A Girls' State Swimming Championship, **Poolesville** swept both the 3A/2A/1A Boys' (9th consecutive) and Girls' (6th consecutive) Swimming State Championships, **Springbrook** won the 4A Wrestling Dual Meet State Championship, and **Damascus** won the 3A Wrestling Dual Meet State Championship (8th consecutive). While the state basketball tournament may be postponed, we want to celebrate the four MCPS teams who advanced to the state semifinals: **Winston Churchill** (Girls, 20–0), **Rockville** (Girls, 16–7), **Richard Montgomery** (Boys, 21–4) and **Springbrook** (Boys, 22–3). #WeRAISE

COVID RESOURCES

- MCPS Athletics is encouraging all of MCPS Athletics Nation to lead by example and demonstrate an unwavering commitment to "flatten the curve" by staying home and connecting with coaches and teammates via phone, text, or various other forms of social media.
- Student-athletes and teams participating in creative at-home sport training and team-building activities, are encouraged to share on Twitter using #WeRAISE and tagging us at @MCPSAthletics.
- Check out the following COVID-19 resources on the MCPS webpage:
 - [MCPS Instructional Activities Center](#)
 - [MCPS Coronavirus Information Webpage and FAQs](#)
 - [Meal Service Locations](#)
 - [External Engagement Resources for Families](#)

#WeRAISE

The deadline for submitting the **MPSSAA Minds in Motion scholarship** application has been extended to April 10, 2020. Encourage all exemplary senior student-athletes, with a minimum 3.25 GPA to apply at:

<https://www.mpssaa.org/membership-services/minds-in-motion/scholarship-application/>

