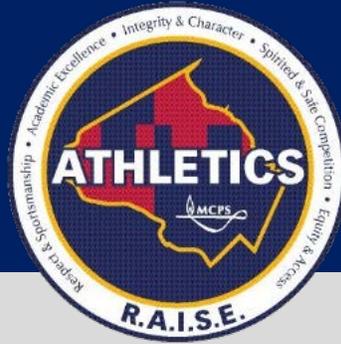


An Insight into MCPS Athletics

Summer 2019 ♦ Issue 4



“Positive energy is like muscle. The more you use it, the stronger it gets. The stronger it gets, the more powerful you become. Repetition is the key and the more you focus on positive energy, the more it becomes your natural state.”

-Jon Gordon

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

Director's Message

As summer is in full swing, I hope you are finding some time to rest and recharge with friends and family. The summer is an integral time in the operations of the MCPS athletics program, as we set the stage for a successful school year ahead. For the 2019–20 school year, we are excited to debut the **inaugural Student-Athlete Leadership Council**, which will be comprised of two representatives from each of the 25 high schools. Additionally, we will be engaging in a year-long process to create a **strategic plan for MCPS Athletics**. This process will allow us to conduct a critical analysis of our current operations and prioritize initiatives and enhancements for the future. Finally, we have been fortunate to have **Robert Lewis, a student-athlete at Gaithersburg High School**, serve as our **Summer RISE intern** this year. Robert has been a welcome addition to our team and reminds us of who we serve each and every day – our student-athletes! Have a great summer!

Together #WeRAISE MCPS Athletics – Jeff

COACHES' CORNER

Building Coaching Capacity

During the offseason, effective coaches consistently aspire to increase their leadership capacity by participating in various professional development activities. The National Federation of High Schools (NFHS) offers the [Accredited Interscholastic Coach \(AIC\)](#), the [Certified Interscholastic Coach \(CIC\)](#), and [Heads Up Football High School Coach](#) certifications.

All MCPS high school coaches must earn AIC certification within one year of the start of the season for which they were hired and it is highly encouraged for MCPS coaches to earn additional certifications. The NFHS is offering new and revised courses this summer, including:

NEW

- Coaching Field Hockey: Goalkeeping
- Understanding Vaping and E-Cigarettes
- ACL Injury Prevention

REVISED

- Afterschool Security
- Understanding Copyright and Compliance
- Teaching Sport Skills
- Coaching Football

ATHLETIC DIRECTORS' SPOTLIGHT

MCPS Shines Bright at the 43rd Annual MSADA Awards Banquet

It was a proud night for MCPS Athletics at the [Maryland State Athletic Directors \(MSADA\) Annual Awards Banquet](#), as several current and former members of the MCPS athletic director family received awards for their service to MCPS athletics and the Maryland Public Secondary Schools Athletic Association (MPSSAA):

District 2B Athletic Director of the Year

Ms. Anne Rossiter, Northwest HS

NIAAA State Award of Merit

Mr. Jason Woodward, Sherwood HS

Distinguished Service Award

Ms. Robin McCue, MCPS Athletics Unit

Hall of Fame Award

Dr. William Beattie, former Director of Systemwide Athletics

Welcome to the MCPS AD Family



For the 2019–20 school year, we welcome Mr. Cliff Elgin to the AD family, as the new athletic director at Damascus High School. Mr. Elgin has served as the assistant athletic director at Clarksburg High School and the sport director for the MCPS golf program. He has also represented MCPS at the state level, as the district representative on the state golf committee and assisted with the operations at the state basketball tournament.

We also welcome back to the AD family, Mr. Jon Freda, who was named the athletic director at Richard Montgomery High School. Mr. Freda has previously served as both athletic director and assistant athletic director at Richard Montgomery. In addition, he has coached both varsity and junior varsity football, indoor track & outdoor track and field.



Seasonal Health & Safety Tip

Heat Acclimatization is a process that enhances an individual's heat tolerance and ability to exercise safely and effectively in warm to hot conditions. Check out the [Heat and Hydration](#) page on the [MCPS Athletics website](#) for more information, including the MCPS Fall Heat Plan, which outlines safety protocols for the fall preseason.

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

2019 Minds in Motion Scholarship Winners

Congratulations to Sienna Williams, Clarksburg High School, and Nihar Majmudar, Northwest High School, who were selected as MCPS recipients of [2019 Minds in Motion Scholar-Athlete Scholarships](#), sponsored by the Allstate Foundation and presented by the MPSSAA. A luncheon was held in the Ravens Locker room at M&T Bank stadium to honor both their academic and athletic achievements during their high school tenures.



While enrolled at Clarksburg, Sienna participated in the Spanish, Math, and Science National Honor Societies, serving as the Vice President of the Math Honor Society. Additionally, Sienna spent twelve seasons competing on and was senior captain of the soccer, basketball, and softball teams. Sienna will

pursue a degree in Aerospace Engineering at the Massachusetts Institute of Technology (MIT) in the fall.

Nihar Majmudar was a member of the Spanish, History, Math, and Science national honor societies. He also served as an acting officer in Northwest's National Honor Society. In the athletic realm, Nihar played lacrosse and ran for the cross country team. Additionally, Nihar earned a Meritorious Service Award for his volunteer service to the Northwest community. Mr. Majmudar will attend the University of Maryland, College Park, majoring in Computer Science.



10th Annual Student-Athlete Leadership Conference



This past June, MCPS athletics was represented by student-athletes from multiple MCPS high schools at the 10th Annual MPSSAA Student-Athlete Leadership Conference, sponsored by the Allstate Foundation. Student-athletes spent the day participating in discussions and activities focused on building leadership skills, navigating social media, promoting group dynamics, and creating a positive team culture. Thank you to all student-athletes in attendance at this conference. [#WeRAISE](#)

Middle School Athletics

The Middle School Athletics Workshop was held from June 18-21, 2019. The primary focus of the workshop was to generate the 2019–2020 middle school athletic schedules and produce the *Middle School Athletics Handbook*. In addition, several middle school athletic coordinators created the enhanced *Middle School Health and Safety Presentation*. All coaches will deliver this presentation to student-athletes prior to each season. All schedules and the updated version of the *Middle School Health and Safety Presentation* can be found on the [Middle School](#) page of the [MCPS Athletics](#) website.

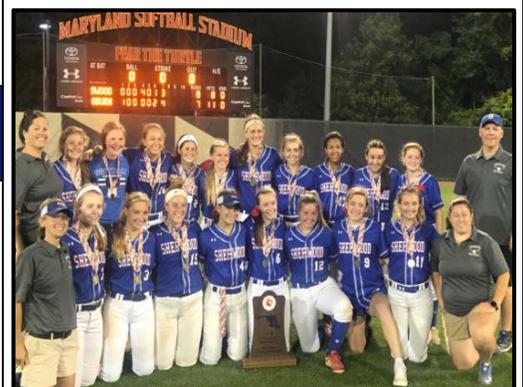
Save the Date!

- Fall online registration for high school athletics will open on July 15, 2019, via the MCPS Parent Portal.
- High school tryouts for the fall season may begin Wednesday, August 14 and must begin by August 17, 2019. Check with your local school athletic director for tryout dates, times, and locations.
- The Fall Preseason Coaches' Meeting will be held on August 16, 2019, at Northwest High School.
- The inaugural Student-Athlete Leadership Council meeting will be held on September 11, 2019 from 11:30 am – 1:30 pm at the Carver Educational Services Center (CESC).
- Middle school tryouts for the fall season begin on September 10, 2019.

Be sure to check out [Sports Insight](#) for more information on [MCPS Athletics!](#)

#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](#).



Did You Know...

For the 2018–2019 school year, including the fall, winter, and spring seasons, MCPS athletic teams won a total of 207 championships, including 13 state championships, 34 district or regional championships, 129 division or county championships, and 30 sectional championships. Additionally, two MCPS teams won sportsmanship awards during state competition and precisely, 151 MCPS student-athletes won individual state championships. [#WeRAISE](#)

[#WeRAISE](#)

[@MCPSAthletics](#)

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