

# An Insight into MCPS Athletics

Fall 2019 ♦ Issue 5



“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

championed our commitment to sportsmanship and the promotion of a positive culture in MCPS Athletics throughout the season and I hope you notice the new **Sportsmanship Expectations posters** at our venues and hear our newly enhanced **sportsmanship message** at the beginning of our contests. Additionally, on September 11, 2019, we held the inaugural meeting of the **Student-Athlete Leadership Council**. The Council consists of two representatives from each of the 25 MCPS high schools. I don't have enough space to write about how **inspiring** and **uplifting** it was to meet our representatives, hear them discuss leadership, and learn from them. I am excited about the future of the Council and the infusion of student voice into our program! I look forward to another exciting year of MCPS Athletics!

Together #WeRAISE MCPS Athletics – Jeff

### COACHES' CORNER

#### MPSSAA Competition Structure

The Maryland Public Secondary Schools Athletic Association (MPSSAA) has debuted a new competition structure for state tournaments. The MPSSAA state tournaments have been expanded to include the quarterfinal round in all open tournament sports and football. The eight region champions (state quarterfinalist for football) will be reseeded based on MPSSAA established criteria (regular season winning percentage for open tournaments sports and points for football). The quarterfinal bracket is then played out through the state finals.

#### Winter Preseason Coaches' Meetings

The winter preseason coaches' meetings will be held on Thursday, November 7, 2019, at Northwest HS. A general session for all winter coaches will be held from 3:30-4:30 p.m. in the auditorium followed by sport-specific breakout sessions from 4:30-5:30 p.m. Attendance at countywide preseason meetings is required for all high school varsity coaches; attendance for junior varsity and/or assistant coaches is optional but encouraged.

#### New for Middle School Coaches

The MCPS Athletics Unit has developed a Health and Safety PowerPoint specifically for middle school student-athletes that addresses many important health and safety concerns, including the promotion of a positive culture. The PowerPoint must be delivered to student-athletes at the beginning of each season, prior to the first contest.

### ATHLETIC DIRECTORS' SPOTLIGHT

#### 2018-2019 William "Duke" Beattie Sportsmanship Award Winner

MCPS presents Sportsmanship Awards in each sport to varsity teams whose team personnel and spectators best exhibit sportsmanship over the course of the season.



The school whose teams have won the greatest number of team sportsmanship awards during the course of the year will be recognized as the **William "Duke" Beattie Sportsmanship award champion** for that year and will receive a monetary award.

Congratulations to Sherwood High School for winning the 2018-2019 William "Duke" Beattie Sportsmanship Award. The Warriors had 17 individual

teams win sport-specific sportsmanship awards. Sherwood Athletic Director, Jason Woodward, accepted the award on behalf of Sherwood High School at the annual joint meeting of athletic directors and police personnel.

#### MCPS Sportsmanship Expectations & Pregame Announcement

An updated **Sportsmanship Expectations poster** and pregame public address announcement have been created to promote the R.A.I.S.E. core values of MCPS Athletics, reinforce spectator expectations, emphasize that negative or discriminatory comments should be reported immediately – **see something, say something**, and to inform spectators and participants of emergency information. Thank you Mr. Steve Carr, Hit and Run Recording, for allowing the voice of MCPS Athletics, Mr. Steve Murfin to record this important safety message.



### Seasonal Health & Safety Tip

The Centers for Disease Control and Prevention (CDC) estimates that more than 3.6 million high school students are currently vaping. Recent statistics also suggest vaping is increasing among high school athletes. The National Federation of High Schools (NFHS) offers a free course, **Understanding Vaping and E-cigarettes**, to learn more about the addictive and harmful effects of vaping.

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

# Save the Date!

## Student-Athlete Leadership Council makes MCPS History!

The first ever, history making, inaugural MCPS Student-Athlete Leadership Council (SALC) convened on September 11, 2019 for the 2019-2020 school year. The SALC cultivates academic, athletic, and community excellence by engaging student-athletes to serve as district level leaders within the MCPS education-based interscholastic athletics program. The primary outcomes of the countywide SALC include, but are not limited to:

- eliciting student-athlete voice regarding execution of the interscholastic athletics program;
- cultivating a countywide athletics community that promotes the RAISE core values of MCPS Athletics; and
- involving student-athletes in leadership roles at local school and MCPS countywide athletic events.

The SALC is comprised two junior or senior varsity student-athletes from each of the 25 MCPS high schools.



Photo Credit Mr. Neil Rubino

A special thanks to Ms. Kayla Smith, owner/operator of the Germantown Town Center Chick-fil-A, for providing and assisting with the distribution of lunches and Mr. Zack Mills, sales representative at BSN Sports, for providing the council shirts and bags. #WeRAISE

- Winter online registration for high school athletics will open on October 7, 2019, via the myMCPS Parent Portal.
- High school tryouts for the winter season begin Friday, November 15, 2019. Check with your local school athletic director for tryout dates, times, and locations.
- Middle school tryouts for the winter season begin on December 3, 2019.
- The MCPS Cross Country County Championships will be held on October 19, 2019 at Bohrer Park starting at 10 am.
- The MCPS Cheerleading Championships will be held on October 26, 2019 at Montgomery Blair High Schools.
- The Team Handball County Championships Tournament will be held the week of November 4, 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**.

## Middle School Athletics

### Welcome NEW Athletic Coordinators

For the 2019–20 school year, we welcome the following individuals to the Athletic Coordinator family:

- Ms. Jen Wright, Kingsview
- Mr. Frank Fitzpatrick, Lakelands Park
- Mr. Barry Gibbons, Col. E. Brooke Lee
- Ms. Jacqui South, Shady Grove
- Ms. Sami Holtz, Westland

### Opening Day...Play Ball...

Opening day for middle school athletics is October 1st, fall sports include coed cross country and boys' and girls' slow pitch softball. Schedules are available on the MCPS website in the [middle school athletics section](#).



## Did You Know...

The Montgomery County Sports Hall of Fame (MCSHF) <https://mcshf.org/> recently inducted the inaugural class which included swimmer Katie Ledecky, former gymnast and **Montgomery Blair high school** alum Dominique Dawes, former Redskins' cornerback and **Springbrook high school** alum Shawn Springs, U.S. National soccer team great and **Winston Churchill high school** alum Bruce Murray, high school football coach Bob Milloy and Washington Senator and baseball Hall of Fame pitcher Walter Johnson.

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