

# An Insight into MCPS Athletics

Winter 2019-20 ♦ Issue 6



*"We are what we repeatedly do.  
Excellence then, is not an act,  
but a habit." ~Aristotle*

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

### Director's Message

MCPS Athletics. I would like to specifically highlight our students and their efforts in the classroom, community, and realm of competition. The Student-Athlete Leadership Council is off to a strong start, with two successful meetings in the books. I look forward to continued collaboration with our student leaders, as we move MCPS Athletics into 2020 and beyond. Speaking of leaders, the Athletics Unit and our 25 high school athletic directors participated in a day of equity engagement led by students from the MCPS Minority Scholars Program. I could not be more proud of the students who led us on this journey, as we continue our work to promote our R.A.I.S.E. core values of equity and access across the entire program and all of MCPS!

Together #WeRAISE MCPS Athletics! – Jeff

### COACHES' CORNER

#### MCPS County Championship Proposal

A proposal for adding high school county championship games for open tournament sports has received support from various stakeholder groups, including coaches, athletic directors, sport directors, the Student-Athlete Leadership Council, and the MCPS booster club presidents. Open tournament sports include field hockey, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, baseball, softball, and boys' and girls' lacrosse. Next steps – the proposal moves forward to the January joint meeting of athletic directors and principals. If approved, implementation of the county championship games will be piloted during the 2020–2021 school year.

#### Spring Preseason Coaches' Meetings

The high school spring preseason coaches' meetings will be held on Thursday, February 13 at Northwest HS. A general session for all spring 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.

#### MPSSAA Hosts Rules Interpretation Clinics

Coaches are highly encouraged to attend the Spring Rules Interpretation Clinic for their respective sport. The dates and times for these clinics are found on the [MPSSAA website](#).

### Seasonal Health & Safety Tip

The National Federation of High Schools (NFHS) offers a free [Sports Nutrition](#) course to ensure student-athletes are using healthy fuels for participation in athletics. For additional information on hydration, be sure to visit the [health & safety page](#) on the MCPS athletics website!

### ATHLETIC DIRECTORS' SPOTLIGHT

#### Student-Athlete Leadership Council

The MCPS Student-Athlete Leadership Council held its second meeting of the academic year on Wednesday, November 13, 2019. Student-athletes discussed the creation of a student-led training on the harmful effects of bullying, hazing, harassment, and abuse. In addition, student-athletes provided feedback on the MCPS County Championships proposal for open tournament sports, and the existing MCPS student eligibility policy for extra-curricular activities. Thank you to Mr. Scott Amick, owner of Chick-fil-A Olney, for providing lunches and Mr. Zack Mills, BSN Sports, for providing council members with cinch sack bags for meeting materials. The next meeting is scheduled for Wednesday, January 8, 2020.



#### Sportsmanship Award Winners

The Maryland Public Secondary Schools Athletic Association's (MPSSAA) [Respect the Game](#) initiative recognizes a school's commitment to sportsmanship and safe, spirited competition with the awarding of a sportsmanship award at each sport's respective state championship.



During the fall state championship season, the Gaithersburg HS boys' and girls' cross country teams were recipients of the Class 4A State Cross Country Sportsmanship Award and the Northwest HS Football team was the recipient of the John H. Cox Respect the Game Award. Congratulations to both Gaithersburg and Northwest! #WeRAISE



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

# Save the Date!

## Minority Scholars RAISE MCPS Athletics

Students from the Minority Scholars Leadership Program recently hosted an equity engagement training for all twenty-five high school athletic directors and the MCPS Athletics Unit. Student leaders facilitated a morning session on defining the “opportunity gap” and distinguishing it from the “achievement gap”. In addition, students shared unique perspectives on how many under represented students feel about the environment of both the countywide and local school athletics programs.



During the afternoon session, the student facilitators worked collaboratively with athletic directors and the Athletics Unit to identify strategies to increase African-American and Latinx student participation in athletics and better serve all students including the LGBTQI+ community. Several afternoon discussions included how stereotypes, micro-aggressions and a sense of belonging influence sport participation. Thank you to the students who led this powerful and impactful equity engagement! #WeRAISE

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- The Care and Prevention of Athletic Injuries (PE-22) winter weekend session is being held January 11<sup>th</sup>-12<sup>th</sup> and the regular winter session begins February 4, 2020.
- **Spring Online Registration** will open on February 1, 2020 via the myMCPS Parent Portal.
- The MCPS **Pompons** Championship Competition will be held at Montgomery Blair HS on February 1, 2020.
- The MCPS **Bocce** Championship Tournament will be held at Paint Branch HS on February 8, 2020.
- The MCPS **Wrestling** Championship Tournament will be held at Gaithersburg HS on Friday, February 21 and Saturday, February 22, 2020.

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.

## Middle School Athletics

Opening day of the winter season for middle school athletics is January 7th. Winter sports include boys' and girls' basketball. Schedules are available on the MCPS website on the [middle school athletics web page](#).

Dr. Jeffrey Sullivan, director of systemwide athletics, traveled to Oakland, California to share information on the MCPS philosophy of athletics, including our R.A.I.S.E. core values, and the benefits of athletics and extracurricular programs in middle schools.

Rescue One will conduct CPR/AED training sessions for middle school coaches on February 24, 25, and 26, 2020. Coaches should consult with their athletic coordinator for registration details.

The boys' and girls' soccer coaches' meeting is scheduled for February 27, 2020 at CESC; the meeting will begin at 3:30 p.m.



*The Magruder girls' volleyball team and Coach Zanni after winning their first ever 3A State Championship title.*

## Did You Know...

MCPS Fall 2019 athletic teams won a total of 72 championships, including four state titles, three state semifinal appearances, 22 regional championships, and 41 division or county championships. **Winston Churchill** won the 4A/3A Boys' State Golf Championships, **Damascus** won the 3A Football State Championship, **Walt Whitman** won the 4A Boys' Soccer State Championship, and Col. Zadok **Magruder** won the 3A Girls' Volleyball State Championship! Additionally, **Jenn Goldberg (Walter Johnson)** won the 4A Girls' State Cross Country Championship, and **Jake Griffin (Walter Johnson)** won the 4A/3A Boys' State Golf Championship! #WeRAISE

#WeRAISE

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