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**Engagement of Activity (EOA) 2.0**  
**ENGAGEMENT PLAN – Athletics & Extracurricular Activities**  
**Engagement of Activities – Examples and Best Practices for Coaches and Activities Sponsors**

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The Engagement Plan is used to assist coaches and extracurricular activity sponsors with implementing the Engagement of Activity (EOA) framework, which provides guidance for conducting athletic and extracurricular activities during the COVID-19 pandemic. The plan should include systemwide, schoolwide, sport/extracurricular and team/club specific engagement activities. For each section, coaches/sponsors should identify specific actions and strategies that will be used to support the physical, mental and social-emotional well-being of students. Please note, for each week, you may have more than one identified activity in each section. Completed plans are submitted to the athletics specialist (for athletics) or a designated school administrator (for extracurricular activities).

**School:** \_\_\_\_\_ **Sport:** \_\_\_\_\_

**Coach/Sponsor Name:** \_\_\_\_\_

**Section 1—Promoting Academic Excellence, Character & Health & Safety**

Identify actions and supports utilized to: promote the R.A.I.S.E. core values of the interscholastic athletics program, support the academic performance of students during the virtual online learning model; support college and career readiness; promote positive character and citizenship in students; and enhance the health and safety of students.

- Promote and participate in the MCPS Athletics Systemwide Speaker Series
- Host a Q/A with college coaches to understand expectations in college
- Conduct weekly social-emotional and academic check-ins to support students with the virtual-only model.
- Utilize the [MCPS Mindful Moment video series](#) as resources to help students dealing with stress and anxiety.
- Plan to discuss a specific [Be Well 365](#) topic at weekly meetings that coincide with the free NFHS courses for students; for example:
  - [Bullying, Hazing, and Inappropriate Behaviors](#)
  - [Concussion for Students](#)
  - [Social Media for Students](#)
  - [Sportsmanship](#)
  - [Student Mental Health and Suicide Prevention](#)

**Section 2—Instilling Knowledge of Sport or Activity**

Identify actions and methods used to: instill a comprehensive knowledge of the sport/activity, including skills and strategies; provide drills, conditioning workouts, or other appropriate activities to promote the activity; assess the progress and engagement of students; develop strategies to promote the highest level of success for the team/group and individual students; provide appropriate guidance and support to student-athletes during the transition to virtual learning.

- Implement a sports specific session (see coaches' resources in the shared Google Drive)
- Promote and participate in the sport specific officials presentation
- Conduct sport specific chalk talks
- Create a sport specific calendar with suggested conditioning drills and skills
- Utilize an online platform to post team announcements, articles and other sport specific activities.

### Section 3—Utilizing Effective Communication Platforms & Celebrating Students

List virtual meeting logistics (platform, date, time, etc.); identify actions and platforms used to communicate effectively and appropriately with students, parents, and stakeholders; plan virtual team meetings and activities, promote the sport/activity in the school and broader community; celebrate other appropriate individual and team/group accomplishments.

- Create an introductory email expressing support for teachers and student-athletes in the virtual-only model.
- Send a weekly email update for the team that includes weekly events, activities, speakers, etc.
- Host a virtual team party and distribute virtual awards, ie., best grades, stand out leader, most engaged
- Network with MCPS coaches/sponsors on ideas and virtual activities for use with students.
- Share weekly calendar with athletics specialist.

### Section 4—Demonstrating Commitment to Professionalism & Professional Development

Identify actions and methods used to: engage in professional development activities (i.e., clinics, conferences, certifications, courses); identify actions and strategies used to: demonstrate concern for the success of the entire athletics/school program; engage and interact with other coaches/sponsors, including assistants and volunteers (as appropriate); ensure that all necessary tasks are complete prior to deadlines.

- Register and complete [NFHS courses](#) needed to earn the Certified Interscholastic Coach (CIC) and Accredited Interscholastic Coach (AIC) certifications.
- Register and complete NCS4 course [Risk Management for After School Activities and Interscholastic Athletics](#)
- Utilize the resources from the [MCPS Equity Initiatives Unit](#) to discuss equity and social justice with student-athletes
- Highlight the efforts of other MCPS coaches and student-athletes on social media with the hashtag #WeRAISE.
- Collaborate with colleagues on the planning of weekly engagement.

### Approval

The Engagement Plan addresses all four sections and provides an effective strategy for student engagement in the sport/activity during the implementation of the virtual-only learning model.

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Coach/Sponsor

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Athletics Specialist/Administrator