

**Middle School Engagement of Activity 2.0 (EOA)**  
**ENGAGEMENT PLAN – Athletics & Extracurricular Activities**

The Engagement of Activity Plan is used to assist coaches and extracurricular activity sponsors with implementing the Middle School Engagement of Activity (EOA) framework, which provides guidance for conducting athletic and extracurricular activities during the Virtual-only Model. 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. Completed plans are submitted to the athletic coordinator (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; promote positive character and citizenship in students; and enhance the health and safety of students.

Week	Engagement Activity	Date Completed
1		
2		
3		

**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 high school.

Week	Engagement Activity	Date Completed
1		
2		
3		

**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.

Week	Engagement Activity	Date Completed
1		
2		
3		

**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.

Week	Engagement Activity	Date Completed
1		
2		
3		

**Approval**

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

\_\_\_\_\_  
Coach/Sponsor

\_\_\_\_\_  
Athletic Coordinator/Administrator

The following resources are intended to assist the coach/sponsor with completing the MS-EOA 2.0 plan:

1. Middle School EOA 2.0 Pre-season Planning tool
2. Middle School EOA 2.0 – Sample
3. Middle School EOA 2.0 – Best Practices

Please note, the Pre-season Planning Tool should be completed and submitted to the Athletic Coordinator prior to administration of the virtual athletic season.

**Middle School Engagement of Activity 2.0 (MS-EOA)**  
**ENGAGEMENT PLAN – Athletics & Extracurricular Activities**  
**MS-EOA Pre-season Planning Tool**

The EOA Pre-season Planning tool frames the organization and planning of engagement during each session of the fall, winter, and spring virtual athletic seasons that are being conducted during the Virtual-only Online Model. The pre-season planning tool will assist coaches with completing the MS-EOA 2.0 plan.

The middle school virtual athletic seasons consist of two engagement sessions per week, for a total of six engagement sessions over the course of approximately three to four weeks. Each engagement session is focused on activities promoting the R.A.I.S.E. Core Values of MCPS athletics, sport-specific knowledge, and includes an academic check-in. For each engagement session, coaches should identify specific engagement activities that will be used to support the physical, mental and social-emotional well-being of students.

Resources for completing the EOA Pre-season Planning Tool are located in the Middle School Athletics shared Google drive <https://drive.google.com/drive/folders/1IPQNYbd7aCMJaLSasqAJVFfg3FoEZS70?usp=sharing>. Completed plans are submitted to the athletic coordinator (for athletics) or a designated school administrator (for extracurricular activities) prior to the start of the virtual season.

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

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

Session 1: Respect and Sportsmanship	Date:	Time: (minutes)
R.A.I.S.E. Core Value Engagement Activity:		
Sport-specific Engagement Activity:		
Academic Check-in Engagement Plan:		

Session 2. Integrity & Character	Date:	Time: (minutes)
R.A.I.S.E. Core Value Engagement Activity:		
Sport-specific Engagement Activity:		
Academic Check-in Engagement Plan:		

Session 3: Academic Excellence	Date:	Time: (minutes)
R.A.I.S.E. Core Value Engagement Activity:		
Sport-specific Engagement Activity:		
Academic Check-in Engagement Plan:		

**Middle School Engagement of Activity 2.0 (MS-EOA)**  
**ENGAGEMENT PLAN – Athletics & Extracurricular Activities**  
**MS-EOA SAMPLE**

The Engagement of Activity Plan is used to assist coaches and extracurricular activity sponsors with implementing the Middle School Engagement of Activity (EOA) framework, which provides guidance for conducting athletic and extracurricular activities during the Virtual-only Model. 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. Completed plans are submitted to the athletic coordinator (for athletics) or a designated school administrator (for extracurricular activities).

**School** Sample Middle School: \_\_\_\_\_ **Activity** Basketball: \_\_\_\_\_

**Coach/Sponsor Name** MS-EOA SAMPLE: \_\_\_\_\_

**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; promote positive character and citizenship in students; and enhance the health and safety of students.

Week	Engagement Activity	Date Completed
1	Implemented a R.A.I.S.E. Core Values session on Integrity and Character from the We R.A.I.S.E. resources in the Coaches shared Google Drive.	10/29/20
2	Promoted and participated in the MCPS Guest Speaker Series with student-athletes.	11/10/20
3	Promoted and participated in the MCPS Guest Speaker Series with student-athletes.	11/19/20

**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 high school.

Week	Engagement Activity	Date Completed
1	Created a three week Mind-Body calendar for student-athletes to record daily activity for the academic and sport check-ins on Thursdays.	10/29/20 11/17/20
2	Hosted a virtual 20 minute “show and tell” on individual drills to improve ball handling, dribbling, and shooting skills without access to a basketball court.	10/29/20
3	Hosted a virtual game analysis on the officials calls – signs, rules violated.	11/04/20

**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 appropriate individual and team/group accomplishments.

Week	Engagement Activity	Date Completed
1	Conducted a virtual parent meeting to frame the virtual season for parents and student-athletes, including expectations, time commitment, etc.	10/26/20
2	Conducted a virtual team party highlighting attendance awards, most positive participant, etc.	10/17/20
3	Sent a weekly email to student-athletes and parents highlighting the week's events.	10/25/20 11/01/20 11/08/20 11/15/20

#### 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.

Week	Engagement Activity	Date Completed
1	Completed the NFHS Course COVID-19 for Coaches and Administrators	10/30/20
2	Complete the NCS4 Course Risk Management for After-School Activities and Interscholastic Athletics	11/06/20
3	Viewed the MCPS Resources to Enter the Conversation on Race and Culture with Your Children specifically – <a href="#">How to Talk to Kids about Race and Racism</a>	11/08/20

#### Approval

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

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Coach/Sponsor

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Athletic Coordinator/Administrator

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**Middle School Engagement of Activity 2.0 (MS-EOA)**  
**Athletics & Extracurricular Activities**  
**BEST PRACTICES for MS-EOA**

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**Engagement of Activity: Examples and Best Practices for Coaches and Activity Sponsors**

The Engagement of Activity Plan is used to assist coaches and extracurricular activity sponsors with implementing the Middle School Engagement of Activity (EOA) framework, which provides guidance for conducting athletic and extracurricular activities during the Virtual-only Model. 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. Completed plans are submitted to the athletic coordinator (for athletics) or a designated school administrator (for extracurricular activities).

**School:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**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; promote positive character and citizenship in students; and enhance the health and safety of students.

- Implement a R.A.I.S.E Core Values session (see Coaches Resources in the shared Google drive)
- Promote and participate in the MCPS Athletics Systemwide Speaker Series
  - Session 4
  - Session 6
- Conduct weekly social-emotional and academic check-ins to support students with the Virtual online Learning.
- Utilize the [MCPS Mindful Moment video series](#) as resources to conduct a virtual mindfulness session.

**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 college recruiting process.

- Implement a sport-specific session (see Coaches Resources in the shared Google drive)
- Utilize an online platform to post team announcements, articles, and other sport-specific resources.
- Create a sport-specific PSA on [how to prevent the spread of COVID-19](#) during athletic activity to showcase on social media.
- Create a sport-specific [Mind-Body Calendar](#) and complete weekly check-ins with students.

**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; and highlight appropriate individual and team/group accomplishments.

- Conduct a virtual parent meeting to provide an overview of the virtual season including session dates, times, topics, and encourage participation in the MCPS Athletics Speakers Series.
- Create a template for a “student spotlight”, including the student’s strengths, and share in a weekly email update for the team.
- Host a virtual team party and distribute virtual awards such as “most likely to make us laugh,” etc.
- Network with MCPS coaches/sponsors on ideas and virtual activities for use with students.

**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.

<b>Participate and/or complete virtual professional development courses/webinars/and other resources.</b>	
Health, Safety, & Supervision	<ul style="list-style-type: none"> <li>• <a href="#">National Federation of High Schools (NFHS) Free Online Courses</a> <ul style="list-style-type: none"> <li>○ <a href="#">COVID-19 for Coaches and Administrators</a></li> <li>○ <a href="#">Afterschool Security</a></li> <li>○ <a href="#">Protecting Students from Abuse</a></li> </ul> </li> <li>• <a href="#">National Center for Spectator Sport and Safety (NCS4) Free Online Course</a> <ul style="list-style-type: none"> <li>○ <a href="#">Risk Management for After-School Activities and Interscholastic Athletics</a></li> </ul> </li> </ul>
Coach Certification	<ul style="list-style-type: none"> <li>• <a href="#">National Federation of High Schools (NFHS) Online Certification</a> <ul style="list-style-type: none"> <li>○ <a href="#">Accredited Interscholastic Athletics Coach</a></li> <li>○ <a href="#">Certified Interscholastic Coach</a></li> </ul> </li> <li>• <a href="#">National Interscholastic Athletic Administrators Association (NIAAA)</a> <ul style="list-style-type: none"> <li>○ <a href="#">Registered Middle School Athletic Administrator Certification</a></li> </ul> </li> </ul>
Sport-specific	<ul style="list-style-type: none"> <li>• <a href="#">BSN Free Coaching Clinic Webinars</a> <ul style="list-style-type: none"> <li>○ Cross Country – <a href="#">Speed &amp; Strength</a> and/or <a href="#">Motivational</a></li> <li>○ <a href="#">Basketball</a></li> <li>○ <a href="#">Soccer</a></li> <li>○ <a href="#">Softball</a></li> </ul> </li> </ul>
Equity and Social Justice	<ul style="list-style-type: none"> <li>• <a href="#">MCPS Resources to Enter the Conversation on Race and Culture with Your Children</a></li> </ul>

**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 online learning module.

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Coach/Sponsor

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Athletic Coordinator/Administrator