

MCPS Athletics
FIRST SEMESTER – HIGH SCHOOL VIRTUAL ATHLETICS ENGAGEMENT
Quick Reference Guide

Virtual Seasons – Program Dates

The high school interscholastic athletics virtual program is available to all students at the high school level - no cuts. The virtual program consists of three virtual sport seasons, including fall, winter, and spring.

Fall Season	Winter Season	Spring Season
September 14 – October 16, 2020	October 26 – December 4, 2020	December 14 – January 22, 2020
Cheerleading	Basketball – Boys’	Allied Softball
Cross Country	Basketball – Girls’	Baseball
Field Hockey	Bocce	Gymnastics
Football	Pompons	Lacrosse – Boys’
Golf	Indoor Track & Field	Lacrosse – Girls’
Soccer – Boys’	Swimming & Diving	Softball
Soccer – Girls’	Wrestling	Tennis
Team Handball		Track & Field
Volleyball – Girls’		Volleyball – Boys’
		Volleyball – Coed

Virtual Seasons – Structure

Each of the engagement sessions includes curricula and programming to 1) promote the MCPS Athletics R.A.I.S.E. Core Values, 2) instill sport-specific knowledge and strategies, and 3) include academic check-ins. In addition, MCPS athletics will host a variety of systemwide guest speaker series throughout the seasons.

The high school virtual athletic season consists of a minimum of three student-athlete and coach engagement sessions per week (corollary sports will meet two times per week), over the course of five weeks. Coaches may schedule engagement sessions beginning 15 minutes post school/duty day until 9 p.m. and from 9 a.m. – 3 p.m. on Saturdays. With principal (or designee) approval, engagement sessions may be conducted outside of these windows of time.

Out-of-Season Guidelines

Outside of the confines of the virtual season, coaches will also be able to engage with students, consistent with the out-of-season guidelines per [COVID-19 Return to Raise Operating Procedures for MCPS Athletics](#). In addition, MPSSAA regulations apply to out-of-season participation; please refer to the [Out-of-Season Participation Guidelines](#) on the MCPS Athletics Web Page. Coaches should make every effort not to schedule out-of-season engagement sessions that would conflict with in season virtual engagement.

Virtual Seasons – High School Engagement of Activity Plan 2.0

High school coaches and extracurricular activity sponsors will complete two documents, (1) a virtual season calendar, and (2) the High School Engagement of Activity Plan 2.0 (EOA). The EOA is used to assist coaches with implementing the framework, which provides guidance for conducting athletic and extracurricular activities during the Virtual-Only Online Model. Coaches and sponsors will document specific engagement activities that will be used to support the physical, mental and social-emotional well-being of students. The calendar should be completed and submitted to the athletics specialist (AD) prior to the beginning of each week. The EOA should be completed and submitted to the AD one week after the culmination of the virtual season.

Virtual Seasons – Coaches Resources

All high school coaches will have access to the Sport Resource Folder in the high school athletics shared google drive. The folder contains suggested engagement activities for both the R.A.I.S.E. Core Values and sport-specific sessions. In addition, it contains a [Coaching Resources](#) folder with access to articles, websites, and webinars designed to support coaches during the virtual athletic seasons.

The following resources are intended to assist coaches/sponsors in completing the High School 2.0 EOA Plan.

1. [High School EOA](#)
2. [Systemwide – High School Virtual Season Calendar Template](#)
3. [Individual Coach – High School Virtual Athletics Calendar Template](#)
4. [High School EOA 2.0 Sample/Best Practices](#)
5. [HS Sport Folders and Virtual Season Resources Folder](#)

Virtual Seasons – Athletics Registration

All students participating in the fall, winter, and spring virtual seasons, as part of the MCPS interscholastic athletics program, must complete the online registration process. Registration is done electronically through the school specific athletics registration link posted on the school's website. Students must have a valid physical on file with the school. Given the unprecedented circumstances, for students who are unable to secure an updated physical, MCPS will extend the expiration date of an existing physical by one calendar year. To the extent a student does not have a physical on file with the school, the student will need to obtain one. Due to the strenuous nature of selected activities, each student is encouraged to consult their physician concerning fitness to participate in the program. During any live engagement, parents/guardians and students must ensure that surroundings are free of obstacles and that an appropriate plan is in place on how to access help in the event of an emergency.

Student-athlete participation in the first semester of virtual seasons does not guarantee or impact placement on a team roster during second semester.

HIGH SCHOOL FALL VIRTUAL ATHLETIC SEASON REGISTRATION	
FALL VIRTUAL SEASON	
Date	Athletics Registration Communication
August 25, 2020	Athletics Specialist <ul style="list-style-type: none"> • Announcement on Website and Twitter • Connect Ed
August 25 – September 8, 2020	Athletics Registration Window
September 9 – September 11, 2020	Coach Welcome Email
WINTER VIRTUAL SEASON	
Date	Athletics Registration Communication
October 6, 2020	Athletics Specialist <ul style="list-style-type: none"> • Announcement on Website and Twitter • Connect Ed
October 6 – October 20, 2020	Athletics Registration Window
October 21 – October 23, 2020	Coach Welcome Email
SPRING VIRTUAL SEASON	
Date	Athletics Registration Communication
November 24, 2020	Athletics Specialist <ul style="list-style-type: none"> • Announcement on Website and Twitter • Connect Ed
November 24 – December 8, 2020	Athletics Registration Window
December 9 – December 11, 2020	Coach Welcome Email

Athletics Specialists Expectations

1. Promote the Virtual Athletics Program through messaging and social media as champions of **We Can, We Will, We RAISE.**
2. Manage the registration process for each season.
3. Provide coaches with the registration information for all students in their respective program.
4. Ensure that coaches are aware of systemwide pre and postseason meeting expectations.
5. Conduct local school preseason meetings with coaches.
6. Conduct local school meetings with students, and parents/guardians in alignment with schoolwide operations and meetings (ie., orientations, back to school nights, etc.)
7. Provide on-going support for their assigned sport for the duration for the virtual experience including attending the sport specific systemwide pre and postseason meetings.
8. Support coaches throughout the virtual experience with technology and other matters related to student engagement.
9. Submit the number of students participating in each team/sport to the Athletics Unit.
10. Supervise and monitor the delivery and operations of the virtual athletics program.
11. Submit a final roster of students who successfully complete the season in each team/sport to the Athletics Unit.

MCPS Certificate of Student Engagement

MCPS will award and recognize secondary students for participation in the MCPS Athletics and Extracurricular Activities during the virtual first semester. The level of certificate will reflect the number of activities students successfully participate in as follows:

- **MCPS Bronze Certificate of Student Engagement:** 1–3 various athletics and/or extracurricular activities
- **MCPS Silver Certificate of Student Engagement:** 4–6 various athletics and/or extracurricular activities
- **MCPS Gold Certificate of Student Engagement:** 7+ various athletics and/or extracurricular activities

Coaches are expected to track attendance and submit a roster of students who have completed the virtual engagement sessions at the end of the season.