

# An Insight into MCPS Athletics

Winter 2022–23 ♦ Issue 18



“Leading from the heart builds relationships and relationships are the core of leadership!”

~Deb Hult

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

### Director’s Message

reflect on our R.A.I.S.E. core values and efforts to promote **respect and sportsmanship** across MCPS Athletics. The voices of our student-athletes effectively capture this charge – both in their [PSA recording](#) from the fall season and on [posters](#) proudly displayed in our gymnasiums this winter season. We thank our leaders on the [Student-Athlete Leadership Council](#) for their efforts and leadership. At the state level, there are [many changes](#), including new classifications, guidelines for Name, Image, and Likeness, and summer engagement regulations. Finally, I want to thank the efforts of our booster clubs, who continue to support our programs; we also had a productive and engaging meeting of our [booster club presidents](#)! I wish you and yours happy holidays! Together #WeRAISE MCPS Athletics! – Jeff

### COACHES’ CORNER

#### Congratulations!

The National Federation of State High School Associations (NFHS) annually honors state and national coaches of the year. Congratulations to the following coaches for being selected as the 2021-22 State Coaches of the Year for their respective sport!

- Baseball  
**Sean Davis – Sherwood HS**
- Cross Country  
**Gary Frace – Springbrook HS**
- Football  
**John Kelley – Quince Orchard HS**
- Soccer  
**Peg Keiller – Quince Orchard HS**
- Softball  
**Ashley Barber-Strunk – Sherwood HS**

#### Spring Preseason Coaches’ Meetings

The high school [spring preseason coaches’ meetings](#) will be held on Wednesday, February 22, 2023, at Northwest HS. A general session for spring coaches (except track & field) will be held from 3:30–4:30 p.m. followed by sport-specific breakout sessions from 4:30–5:30 p.m. Meeting details for track & field are forthcoming.

#### MPSSAA Hosts Rules Interpretation Clinics



Coaches are highly encouraged to complete the MPSSAA online rules interpretation clinic for their respective sport. Additional information can be found on the

[MPSSAA Rules Interpretation Clinics](#) webpage of the [MPSSAA](#) website.

### ATHLETIC DIRECTORS’ SPOTLIGHT

#### MCPS Athletics Represents Nationally

Dr. Jeff Sullivan, director, systemwide athletics, Ms. Anne Rossiter, compliance specialist, systemwide athletics, and several MCPS athletics specialists, recently attended the National Athletic Directors Conference in Nashville, Tennessee sponsored by the [National Federation of State High School Associations](#) (NFHS) and the [National Interscholastic Athletic Administrators Association](#) (NIAAA). MCPS staff engaged in various sessions on topics ranging from participation and retention in girls’ sports, to creating awareness of diverse groups in athletics to mental health for student-athletes. Mr. Jason Woodward, athletics specialist, Sherwood High School, taught a Leadership Training Course, “*Quality Program Award Certification*” and Dr. Sullivan presented a session on “*Adding New Sports Programs and Maintaining Participation.*”



#### Officials’ Appreciation Week

MCPS Athletics celebrated Fall Officials’ Appreciation Week, October 10-25, 2022. MCPS Athletics Nation recognized the efforts of individuals who serve our student-athletes, ensuring the games are played! Thank you officials! #WeRAISE



#### State Sportsmanship Award Winner

During the fall state championship season, the Quince Orchard Cougars were recipients of the Steve Malone Girls’ Soccer Sportsmanship Award. Congratulations to the Quince Orchard girls’ soccer program! #WeRAISE



# Athletic Program Updates

## Return to R.A.I.S.E. – Winter Season Programming

The Return to R.A.I.S.E. Plan will continue to drive program operations in regard to COVID-19 procedures and protocols. The plan is reviewed on an ongoing basis by the Student-Athlete Medical Advisory Committee. The latest version is always available on the [COVID-19 Athletics Information](#) webpage.

## Winter Athletics Safety Plan

An updated and enhanced version of the Athletics Safety Plan has been developed for the winter season, and will drive program operations, as contests began on December 5, 2022. The Winter Athletics Safety Plan is available in [English](#), [Amaric](#), [Chinese](#), [French](#), [Korean](#), [Portuguese](#), [Spanish](#) and [Vietnamese](#).

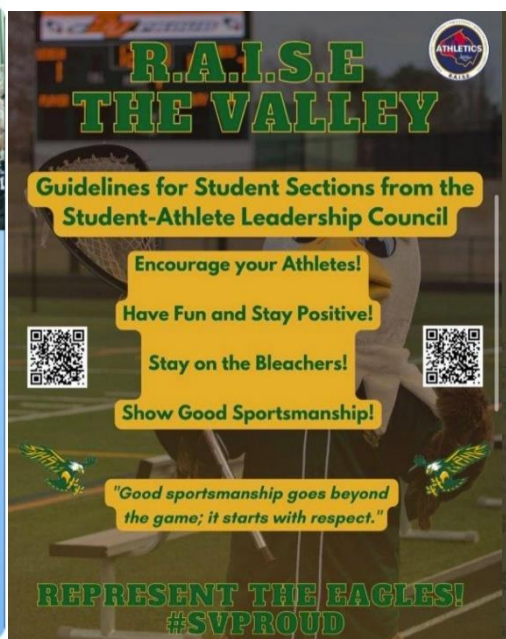
Members of the Student-Athlete Leadership Council (SALC) met on November 18, 2022 to discuss the winter Athletics Safety Plan. In addition, SALC members created and developed student section guidelines for their respective schools, in an effort to assist with promoting safe and spirited competitions.



### STUDENT SECTION AND SPORTSMANSHIP GUIDELINES

from the Student-Athlete Leadership Council

- Be respectful of players and officials
- Stay in the bleachers during games
- Bring a positive attitude
- BE LOUD and cheer on your VIKES!!!



# Save the Date!

- The Care and Prevention of Athletic Injuries (PE-22) will take place virtually on 2/21/23 and 2/23/23, and in-person at Gaithersburg HS either 2/25/23 or 2/26/23. The New Coaches Seminar take place in-person at Paint Branch HS on 2/28/23 6:00 p.m.–9:00 p.m.
- **Spring Online Registration** for high school athletics will open on January 23, 2023 via the myMCPS Parent Portal.
- **Spring Online Registration** for middle school athletics will open on January 30, 2023 via the myMCPS Parent Portal.
- The MCPS **Pompons** Championship Competition will be held at Montgomery Blair HS on February 4, 2023.
- The MCPS **Bocce** Championship Tournament will be held at Paint Branch HS on February 4, 2023.
- The MCPS **Wrestling** Championship Tournament will be held at Gaithersburg HS on February 17-18, 2023.
- The MCPS **Basketball** County Championships will be held at Richard Montgomery HS on February 22, 2023.
- 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 4th. Winter sports include boys' and girls' basketball. Schedules are available on the MCPS website on the [middle school athletics web page](#).

Rescue One will conduct CPR/AED training sessions for middle school coaches on February 27 and 28 and March 1, 2, and 3, 2023. Registration information can be found on the [Systemwide Safety Programs](#) webpage.

The boys' and girls' soccer coaches' meeting is scheduled for March 1, 2023, via the MCPS Zoom platform, at 3:30 pm.

## Did You Know...

MCPS Fall 2022 athletic teams won a total of 85 championships, including six state titles, six state finalist honors, five state semifinal appearances, 20 regional championships, and 46 division, district, or county championships. **Poolesville** won the 2A Boys' State Cross Country Championship and finished as 2A Girls' State Cross Country Finalists, **Quince Orchard** won their second consecutive 4A State Football Championship, **Damascus** won the 3A State Football Championship, **Poolesville** won the 2A/1A State Golf Championship, and **Walt Whitman** won the 4A Girls' Soccer State Championship! Additionally, Olivia Cong (**Poolesville**) won her second consecutive 2A/1A Girls' State Golf Championship! Congratulations [#WeRAISE](#)

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