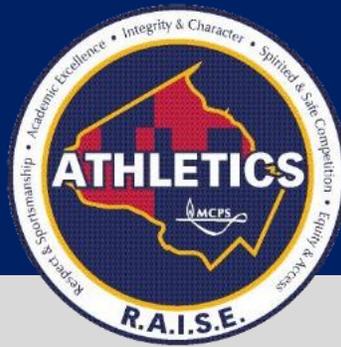


An Insight into MCPS Athletics

Spring 2024 ♦ Issue 23



"Sports do not build character, they reveal it."

- John Wooden

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

Director's Message

MCPS Sports Nation – As we enter the final quarter of the school year, we have much to celebrate in MCPS Athletics! To begin, I am so proud of our Student-Athlete Leadership Council for hosting their leadership conference. We were extremely fortunate to welcome Dr. Karissa Niehoff, Chief Executive Officer of the NFHS, as our keynote speaker. We also hosted a session with Dr. Niehoff and Mr. Andy Warner, Executive Director of the MPSSAA, for our athletics specialists and took both leaders to contests on opening day of the spring season! March 21, 2024 was indeed a magical day – our student-athletes continue to make an impact around the state and on the national stage! Finally, we celebrate the countless individuals who support our student-athletes and program and champion our R.A.I.S.E. core values; we are blessed to have our dedicated and spirited MCPS Sports Nation and Montgomery County community! Thank you for all that you do!

Together, #WeRAISE MCPS Athletics – Dr. Sullivan

COACHES' CORNER

Summer Engagement

Refer to the MCPS [Out-of-Season Participation Guidelines](#), also available on the MCPS Athletics webpage.

First Fall Practice Date

Maryland Public Secondary Schools Athletic Association (MPSSAA) fall interscholastic athletic teams may begin practices on Wednesday, August 14, 2024. Though it is not mandatory that fall teams begin practice on August 14, all teams must begin practices by Saturday, August 17, 2024. Teams may distribute equipment on Tuesday, August 13, 2024.

Fall Preseason Coaches Meetings

The fall preseason coaches' meetings will be held Tuesday, August 13, at Watkins Mill High School. All coaches will attend the general session, in addition to their respective sport-specific session.

Fall varsity coaches are expected to attend the preseason coaches' meeting for their sport. Attendance for varsity coaches is mandatory; attendance for junior varsity is optional but strongly encouraged.

Fall Athletic Trainers Meeting

The athletic trainers' fall preseason meeting will be held on Tuesday, August 13, 2024, at Watkins Mill High School.

Athletic Leaders Spotlight

Department of Athletics Host NFHS Chief Executive Officer



The Department of Athletics recently hosted Dr. Karissa Niehoff, Chief Executive Officer, National Federation of State High School Associations (NFHS), to MCPS. Dr. Niehoff spent the morning at the Student-

Athlete Leadership Conference, shared lunch with athletics specialists, toured the athletic facilities at Gaithersburg High School, and spent the afternoon at James Hubert Blake High School watching baseball and softball games and attending various practices.

MSADA Distinguished Service Award

The Maryland State Athletic Director's Association (MSADA) is honoring Dr. Terry Black with a Distinguished Service Award. Dr. Terry Black has served MCPS as the instructor for the Care and Prevention of Athletic Injuries course for 43 years. During this time, Dr. Black has educated countless coaches and leaders across MCPS Athletics on the most important facets of professional development – health and safety. Congratulations Dr. Black!



Athletic Director of the Year



Mr. Jeff Rabberman, athletics specialist at Quince Orchard High School, is the recipient of the MSADA 2024 District 2B Athletic Director of the Year award. Recipients of this prestigious award are selected by the collective voice of all twenty-five athletics specialists, to recognize outstanding leadership and an unwavering commitment to student-athletes, coaches, program, and community. Mr. Rabberman will receive his award at the MSADA State Conference Banquet on Saturday, April 27, 2024. Congratulations Mr. Rabberman!

Student-Athlete Voice is Heard!

The Student-Athlete Leadership Council (SALC) hosted a Student-Athlete Leadership Conference on March 21, 2024, for over a hundred student-athletes across 25 MCPS high schools. The Student-Athlete Leadership Conference empowered student-athletes with tips and strategies for dealing with the overall well-being



of student-athletes, including mental health, time management, leadership, and sportsmanship. Members of the Student-Athlete Leadership Council spent months planning the leadership conference **for student-athletes by student-athletes** on topics relevant to their hearts. Dr Karissa Niehoff, Chief Executive Officer, National Federation of State High School Associations (NFHS) provided an inspiring keynote speech. Also, in attendance were Mr. Andy Warner, Executive Director, MPSSAA and Mr. Mike Sye, President, MPSSAA. Congratulations to SALC on a successful conference.

Thank you to the MCPS Athletics SALC Planning Committee for assisting student-athletes with conference implementation. **#WeRAISE**

Save the Date!

SPRING COUNTY CHAMPIONSHIPS

BASEBALL & SOFTBALL:

May 7, 2024, at James Hubert Blake HS, 7 p.m.

GYMNASTICS:

MCPS VARSITY MEET

• May 7, 2024, at Walt Whitman HS, 6 p.m.

MCPS VARSITY B MEET

• May 9, 2024, at B-CC HS, 6 p.m.

LACROSSE:

• May 6, 2024, at John F. Kennedy HS

• Boys – 5:30 p.m. / Girls – 7:30 p.m.

ALLIED SOFTBALL:

May 8, 2024, at TBD, 5:30 p.m.

TENNIS:

May 9, 2024, at 3:15 p.m.

• Boys – Walter Johnson

• Girls – Paint Branch

TRACK & FIELD:

MCPS VARSITY MEET

• May 8-9, 2024, Seneca Valley HS, at 4 p.m.

MCPS VARSITY B MEET

• May 11, 2024, Albert Einstein HS, at 10 a.m.

VOLLEYBALL – BOYS' & COED:

May 15, 2024, at Quince Orchard HS

• Boys – 5:00 p.m. / Coed – 7:00 p.m.

Check out the [MCPS Athletics Webpage](#) for more information on MCPS Athletics!

Officials Appreciation Week

Thank you to coaches and student-athletes across MCPS Athletics for celebrating Officials Appreciation Weeks throughout the year, most recently for spring officials April 15-20, 2024. **#WeRAISE**



Middle School Athletics

The [Middle School Searchable Schedule](#) allows you to search for your entire school's schedule, a specific sport schedule by school, or an entire sport schedule for the county.

#WeRAISE

Coaches, student-athletes, athletics specialists, 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**.



Did You Know...

MCPS Winter 2023–2024 athletic teams won a total of 72 championships, including five state championships, eight state finalists, 20 district/regional championships, 37 division/county championships, and two state sportsmanship awards. State champions include: **Thomas S. Wootton**–Bocce, **Clarksburg**–4A Girls' Basketball, **Winston Churchill**–Boys' 4A/3A Swimming, **Richard Montgomery**–Girls' 4A/3A Swimming, **Poolesville**–1A/2A/3A Swimming, and **Walt Whitman**–4A Wrestling Duals. **Walt Whitman** (boys' basketball) and **Quince Orchard** (swimming) won state sportsmanship awards. A history of MCPS champions can be found on [our webpage](#).

#WeRAISE

@MCPSAthletics

@mcpsAD

