

West Potomac Wolverines

- *Spring Sports Meet The
Coach Night(MTCN)*



Activities Office Staff

- Director of Student Activities:
Matt MacDonald
- Administrative Assistant:
Julie Armstrong
- Assistant DSAs:
Dan Reynolds (ATHLETICS)
Kyle Morrisey (ATHLETICS)
Annie Corbelli (CLUBS/ACTIVITIES)
- Athletic Trainers
Jon Thompson
Virginia Lintot

Athletics Website

<https://www.westpotomacsports.net>



ATHLETIC REGISTRATION

THE WOLVERINE DEN SPIRIT STORE (OPEN NOW)

BOOSTER CLUB

ATHLETICS

ATHLETIC CLUBS

CLUBS & ORGANIZATIONS

SPORTS MEDICINE



REGISTRATION
SITE

FOLLOW ME ON SOCIAL MEDIA:

Instagram: @westpoathletics

Twitter: @RollwithWestPo



#RollwithWestPo

Spring Coaches

- Baseball – Josh Senior
- Softball– Mel Frank
- Girls Lacrosse - Phil Isberner
- Boys Lacrosse– John Stamos
- Girls Soccer – Lula Bauer
- Boys Soccer– CJ Taylor
- Boys Tennis – Mike Bechtold
- Girls Tennis-Martha Carucci
- Outdoor Track-Jaela Gay
- Crew- Grace Grimstead

Coaches Requirements

- Badged FCPS employees, FCPS Sports Orientation
- FCPS Sports First Aid, AHA Heartsaver AED/CPR
- Successfully compete Coaching Fundamentals Course
- Pass National Federation of High Schools and VHSL Fundamentals of Coaching Exam
- VHSL Concussion Education Coaches Program

Fall Coaches Contact Information

■ www.westpotomacsports.net



WEST POTOMAC HIGH SCHOOL
HOME OF THE
WOLVERINES



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Notify Me!



QUICK LINKS

Calendar

Activities Office Staff

Coach's Contact Information

VHSL Championships

Hall of Fame

VHSL Physical Form

Student Accident Insurance

Inhaler Authorization Form

Join the WABC

NCAA Eligibility Center

VHSL Website



★ SCOREBOARD



UPCOMING EVENTS

Tuesday, Aug 1, 2023

⌚ TBD

Dance: Varsity Match vs. TBA
@ West Potomac High School

Wednesday, Aug 9, 2023

⌚ 5:00pm

Volleyball: Girls Freshman Scrimmage vs. McLean
@ McLean High School

Wednesday, Aug 9, 2023

⌚ 6:00pm

Volleyball: Girls JV Scrimmage vs. McLean
@ McLean High School

[More events](#)

[All Scores »](#)



2023 Spring SPORTS

March 12th

TEAM-INDIVIDUAL
PICTURE DAY

WABC Booster Meeting

TBD

Spring NO-PLAY DATES

3/11, 3/29, 4/9, 4/10, 4/22, 4/23, 4/24, 4/30, 5/3

AWARDS NIGHT

June 4th at 6:30pm Auditorium

Eligibility

Academics

- Must pass 5 West Po classes and be enrolled in 5 West Po classes
- In attendance at all classes

Paperwork

- Physical-must be turned in Mr. Thompson or Ms. Lintot
- Register on the registration site

REGISTRATION SITE:

- “One Stop Shop”- Family account
- Mandatory to be eligible
- ECC, Concussion
- Physicals – still get handed in to the Athletic Trainers

Student-Athlete Expectations

- **Academics:**

- Coaches will monitor academic progress
- Enrolled in 5 and passing a minimum of 5
- After school help with teachers

- **Attendance:**

- Must be in school all day to participate in practice/game
- Prior approval from the coach is required.

- **Commitment:**

- Support the whole PROGRAM— “WE” is more important than “I.”
- Communicate conflicts in advance with coaches

Attendance Expectations

Unverified Absences/Class Cut(s)

- 1st time-Discussion with the coach
- 2nd time-discussion with ADSA/DSA & Call Home
- 3rd time-No Participation in Practice/Game that day
- 4th time-No Participation in Practice/Game(s) for 1 calendar week
- 5th time-Removal from team

Attendance Expectations

Unexcused Tardy

Accumulating tardies will impact a student's participation during the season, up to and including being unable to practice or play in game(s).

- 1st instance of 5+ tardies in a week = discussion with coach
- 2nd instance of 5+ tardies in a week = discussion with ADSA or DSA and Call Home
- 3rd instance of 5+ tardies in a week = No participation in the next team event, be it practice or game
- 4th instance of 5+ tardies in a week = No participation in Practice/Game(s) for 1 calendar week
- 5th instance of 5+ tardies in a week = Removal from the team

Students missing for a documented absence (medical, dental, etc) must present a note from the Dr's office to participate that day or have prior authorization from the Activities Office.

West Potomac High School Athletics

● Sportsmanship

- Sportsmanship is all inclusive - Parents, coaches, athletes, students, and fans are expected to conduct themselves appropriately at all times
- We do not condone improper language
- Respect All... Officials, Coaches, Opponents, Fans
- On Field – Communicate in a positive manner with teammates; Coaches/Captains address officials
- On Bench- Stay on bench, Cheer on your team.
- Ejections = suspensions or dismissals

West Potomac High School Athletics

● Sportsmanship

- Ejections of Player and/or Coach results in Suspension
- If you engage in fighting/aggressive physical contact, you are looking at contests totaling a minimum of 30% of the contest limitations.
- For example-Football is allowed 10 games. Ejection for fighting would be a 3 game suspension
- Profanity directed at a game official will result in a suspension from contests totaling a minimum of 20% of total contest limitations for that sport.

West Potomac High School

- Facilities, Equipment & Uniforms
 - Care for our “stuff”- accountability
 - Care for your “stuff” (lock it up)
 - Take pride in our facilities
 - Pick up trash
 - Report any issues you see

West Potomac High School Athletics

- Social Media Expectations

- Think before you post!
- If you don't want it published in the Washington Post, don't say it or show it....
- Digital Footprint
- Show positivity

West Potomac High School Athletics

- Locker Room Expectations
 - NO Hazing
 - NO Horseplay
 - Adult supervision always
 - Lock up your valuables

ATHLETES Controllables

1. Attitude
2. Effort

Everything else will follow

PARENT COMMUNICATION

ROLES

Coach
Athletes
Fan
Office

Lines of Communication

1. Athlete to Coach
2. Parent to Coach
3. Parent to Athletic Director

PARENT COMMUNICATION

What is appropriate to discuss with coaches

1. Ways you can provide support
2. Ways to help your student-athlete improve
3. Concerns about YOUR student-athlete's behavior

What's NOT appropriate to discuss with coaches

1. Playing time
2. Team strategy/game planning
3. Issues related to OTHER student-athletes

COMMUNICATION COACHES EXPECT FROM ATHLETES

- Notification of any schedule conflicts well in advance.
- Injuries or physical limitations.
- Concerns or confusion about status on the team

PARENTS ROLE ON THE TEAM

SUPPORT

Support for your child

Support for the Team

Role Model positive character,
sportsmanship, work ethic, and
leadership

Ways to get involved

Announcer

Scoreboard Operator

Bookkeeper

Concessions

Fundraising

Boosters

Live Streaming

A camera for live streaming was installed in every FCPS high school gymnasium, stadium, and auditorium. Purchased by FCPS, would allow streaming of events at no cost to the viewer. That has been extended another year. We always tweet the link of that night's contest (either home or away) on our twitter @RollwithWestPo

E-Tix

You will be able to purchase tickets online prior to the event, then present your ticket on your phone or printout. Our ticket takers will scan it. QR codes will be presented that link to the ticket portal.

Purchasing tickets the traditional way with cash at the gate will still be an option.



TRANSPORTATION

- All athletes and managers must ride with the team
- Special situations must be cleared with the coach
- Driver's insurance must be on file if necessary

West Potomac High School Athletic Training Program



Certified Athletic Trainer:
Jon Thompson, ATC

What does FCPS pay for?

- Only .03% of the FCPS budget applies towards student activities and athletic programs

FCPS pays for

- Transportation
- Officials
- Coaches

Sources of local funding?

- Gate receipts
 - Very active Booster Program
 - Concessions
 - Fundraisers throughout the school year
 - Booster Memberships
 - Corporate Sponsorships
 - Merchandise sales

West Potomac Athletic Booster Board

- **Co-Presidents** Kevin Jones/Grant Seiffert
- **Vice-President** Amy Bruce
- **Treasurer** Rich Keyes
- **Secretary** Jillian Hanson
- **Concessions** Sandy Forti

QUESTIONS

**CONTACT
DIRECTOR OF STUDENT ACTIVITIES**

Matt MacDonald

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