


Chairman Phil Mendelson

1
2
3
4
5
6
7 A PROPOSED RESOLUTION

8
9
10 IN THE COUNCIL OF THE DISTRICT OF COLUMBIA
11
12

13
14 To appoint Mr. Neal L. Downing to the Mayor's Council on Physical Fitness, Health, and
15 Nutrition.

16
17 RESOLVED BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this
18 resolution may be cited as the "Mayor's Council on Physical Fitness, Health, and Nutrition Neal
19 L. Downing Appointment Resolution of 2019".

20 Sec. 2. The Council of the District of Columbia appoints:

21 Neal L. Downing
22 Otis Street, N.E.
23 Washington, DC 20018
24 (Ward 5)
25

26 as a member of the Mayor's Council on Physical Fitness, Health, and Nutrition, established by
27 section 2 of the Mayor's Council on Physical Fitness, Health, and Nutrition Establishment Act of
28 2011, effective December 2, 2011 (D.C. Law 19-58; D.C. Official Code § 7-121), to serve for a
29 term ending three years after the effective date of this resolution.

30 Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution,
31 upon its adoption, to the appointee, the chairperson of the Council, and to the Office of the
32 Mayor.

33 Sec. 4. This resolution shall take effect immediately upon the first date of publication in
34 the District of Columbia Register.

Neal L. Downing

Professional Summary

Athletic administrator and coach who provides energetic and organized planning and leadership to youth, adolescent, and community programs. Experience in developing motivating and engaging recreational programs. Creative strategist with proficiency in the development of skilled and tactical plans related to community and youth sports.

Coaching Highlights

- 2012,13,15,17 Middle School Football Championship (Alice Deal Middle School)
- 2013, 14, 15 16 17 Girls Middle School Basketball Championships (Alice Deal Middle School)
- 2010 - 2018 Middle School Baseball Championship (Alice Deal Middle School)
- 2009 – 2016 Boys and Girls Cross Country Championship (Alice Deal Middle School)
- 2015 Bowling Championship (Alice Deal Middle School)

Experience

FitCampNation Summer Camp

2012-Present

Founder and Managing Director

- Develops and implements summer curriculum and fitness programming for approximately 100 students that participate in over 21 sports;
- Manages and provides technical oversight to ensure programs adhere to health, fitness and safety standards;
- Prepares and troubleshoots program scheduling;
- Identifies programming needs and develops a plan to
- Manages a summer programming budget of approximately \$100K;
- Solicits financial partners and provided fundraising support;
- Analyzes programming statistics and data to determine programming adjustments;
- Supervises recreational staff

District of Columbia Public Schools

1995 – Present

Alice Deal Middle School

2009 – Present

Athletic Director, Head Coach

- Manages overall athletics program consisting of 22 teams in grades 6-8 for both boys and girls sports;
- Develops and implements lesson plans in accordance with CornerStones curriculum
- Schedules all athletic events within the restrictions of the school calendar and the length of each sports season as established by the DCIAA;
- Develops strategies and training regimes to be implemented for each sport season;
- Creates middle school athletic schedules in a timely fashion for distribution to administrators and parents prior to the start of the next sports season;
- Plans a balanced physical education program;
- Maintains and updates the Standard Operating Procedures (SOP's) for each school sport;
- Creates the Middle School Activity Calendar prior to the end of each school year for use in the subsequent school year;
- Maintains control of storage and use of school-owned property;
- Manages and maintains athletics budget related to the requisition of uniforms, equipment, and instructional aids; maintains required inventory records;
- Attends all coaches' meetings to distribute and explain schedules for each sports season;
- Communicates and coordinates sporting goals and objectives with internal and external staff and stakeholders at the school level, with DCPS administration, and parents;
- Supervises a team of head and assistant coaches.

School Without Walls	2000 – 2005
Hardy Middle School	1997 - 2000
Scott Montgomery Elementary School	1995 - 1997

Health & Physical Education Instruction and Coach

- Developed and implemented curriculum in all areas of health and physical education;
- Coordinated and coached intra squad activities, introducing rules and regulations of sporting events to include all seasonal sports through team competition;
- Taught knowledge and skills in physical fitness, health education, rhythms and dance, and individual, dual, or team sports;
- Analyzed, demonstrated, and explained basic skills, strategies of formal sports, game rhythms, and fundamentals of body movement;
- Provided individualized and small group instruction in order to adapt the curriculum to the needs of each pupil;
- Provided appropriate safety instruction and made safety checks on equipment and field areas to insure the over-all safety of pupils;
- Evaluated each student's growth in physical skills, knowledge, and contribution in team sports;
- Communicated with parents and school counselors on pupil progress.

Howard University	1994 - 2000
Assistant Football Coach, Defensive Backs	1997 - 2000
Graduate Assistant/Football Coach	1994 - 1995

- Instructed defensive backs in key play fundamentals and evaluated their subsequent performance;
- Developed and implemented defensive strategies, weekly game plans including NFL caliber defensive schemes and techniques, and recruited highly sought after high school athletes to the program;
- Assisted with the evaluation and field performance;
- Participated in the assessment of strength training;
- Assisted defensive coordinators with defensive line strategies.

Other Experience and Affiliations

Guest Coaching Appearances (ongoing)

- Sports Coordinator, **The Street Corner Foundation**
- Coach, **Baltimore Ravens Training Camp, Sky Walker Flight School, Slammers International Basketball Camp**
- School Coordinator, **NBA Team Up**
- Program Advisor, **National Collegiate Athletic Association, Youth Education through Sports**
- Instructor, **Toyota Golf Skills Clinic**
- Assistant Athletic Director, **National Youth Sports Program**
- Sport Specific Training Coach/Mentor, **360 Fitness**

Certifications, Honors & Professional Affiliations

- Certified Athletic Administrator
- Certified Master Athletic Administrator, Candidate
- Registered Athletic Administrator, **National Interscholastic Athletic Administrators Association**
- Certified (K-12) Health and Physical Education, **D.C. Public Schools**
- Certified CPR, First Aid and Lifeguard, **Red Cross**
- DCIAA Sportsmanship Award (2013 and 2014)
- National Health Museum Health & Science Fellow, 2004

- Sallie Mae Teacher of the Year, 1996
- All MEAC Football Team, 1993
- SHAPE America, Member
- American Football Coaches Association

Community Affiliations

- Deacon, **Prince George's Community Church**
- Church School Instructor, **Prince George's Community Church**
- Coach/Mentor, **Lifting As We Climb Foundation**

Education

Master of Science, Athletic Administration/Sports Marketing, Howard University, 1996
Bachelor Business Administration, Management, Howard University, 1993