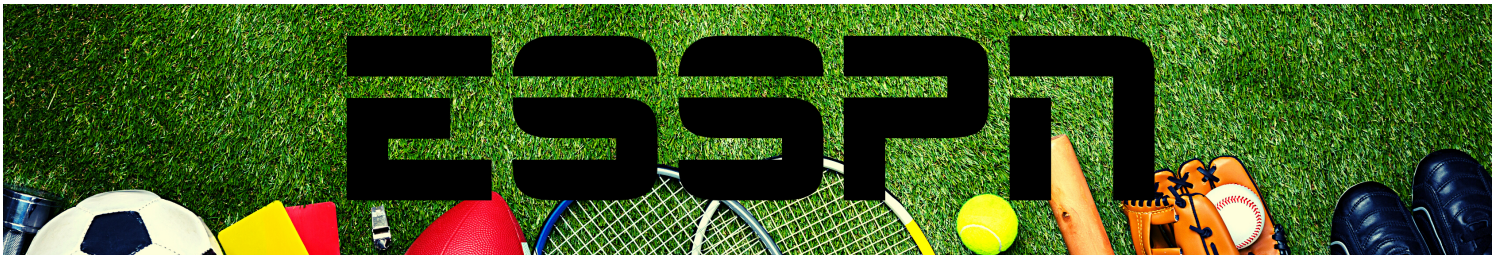
HIGHLANDS ELEMENTARY SCHOOL



WELCOME

SCHOLAR-ATHLETE

We are excited to start our ESSPN Sports League. This is an excellent opportunity for young athletes to come together to build on their character, confidence, responsibility, and work ethic, all through sports and social-emotional learning.

Goals:

1. Establish a sense of community and support.
2. Compel and encourage healthy socialization between peers.
3. Instill confidence, consistency, and leadership in youth.
4. Access and teach confidence to boost youth self-esteem.

MEET YOUR COACHES

COACH TRINELL

My name is Trinell Lewis, and I am the Site Lead for the ESS Program at Highlands Elementary. I have been working with students in ESS for 10 years, and have been coaching kickball in the ESS program for 8 years! In that time, the teams I have coached have had tremendous success while also showing great sportsmanship and team camaraderie.

COACH KEVIN

My name is Kevin Hurst, and I am the Assistant Lead for the ESS program at Loma Elementary school. I have been working with students in ESS for over 7 years, and have been coaching kickball in the ESS program for 5 years! In that time, the teams I have coached have lost only 2 games and have been competitive while also showing great sportsmanship.

HIGHLANDS HAWKS

Contact Information:

Highlands Elementary
3131 S. Barcelona
Spring Valley, CA 91977
(619) 668-5842

www.lmsvschools.org/ess/extracurricular-activities/

You have to expect things of yourself before you can do them.
-Michael Jordan

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SCHEDULE

Practice

Mondays SEL (2:10-2:50 pm)	Tuesdays 1st Practice (12:55-1:55 pm)	Wednesdays 2nd Practice (2:10-3:15 pm)
10/25 Responsibilities of an Athlete	10/26 Throwing & Catching	10/27 Defensive Outs
11/1 Get to know you and Teammate Interviews	11/2 Defensive Drills	11/3 Live Drills
11/8 Teambuilding	11/9 Full Defense	11/10 No Practice
11/15 Responsibilities of a Leader	11/16 Base Running	11/17 Kicking
11/22 No Practice	11/23 No Practice	11/24 No Practice
11/29 Mindfulness	11/30 Full Defense	12/1 Defense Scenarios
12/6 Growth Mindset	12/7 Situational Practice	12/8 Base Running Scenarios
12/13 SMART Goals	12/14 Kickball Scrimmage Students will be bused over to Highlands Permission Slip Required	12/15 Target Kickball Practice
	Winter Break No Practice Two Weeks 12/20 - 12/31	
1/3 No Practice	1/4 Target Kickball Practice	1/5 Team Scrimmage
1/10 Coping Skills	1/11 Target Kickball Practice	1/12 Team Scrimmage
1/17 No Practice	1/18 Target Kickball Practice	1/19 Team Scrimmage
1/24 Positive Self Talk	Tuesday, January 25th ESSPN Tournament Day Students will be bused over to Lemon Ave. Permission Slip required.	