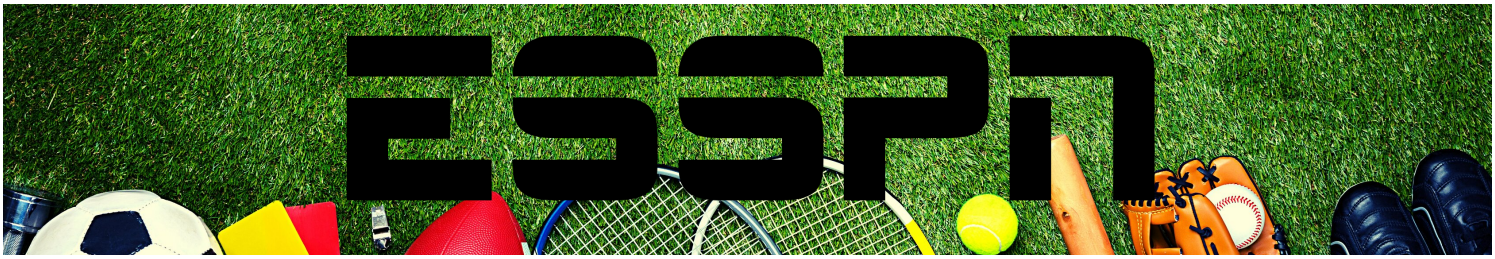
PARKWAY MIDDLE SCHOOL



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 BROWN

My name is Denzel Brown, and I am the Site Lead for the ESS program at Spring Valley Academy. I have been working with students in ESS for 10 years, and have been coaching kickball in the ESS program for 7 years! In that time, the teams I have coached have had tremendous success while also showing great sportsmanship and team camaraderie including leading Bancroft to its first ever championship!

COACH GAGE

Hello! My name is Gage, and I am a Program Aide at Parkway Middle School ESS. When I was an elementary school student, I was in the ESS program and I am happy to still be a part of this organization. I have been working for ESS for around four years. In the ESS program, I have participated as a kickball coach, kickball umpire and am excited to be coaching flag football this year. Growing up I played travel basketball and have reaped the benefits of being a part of a team. I have experienced the power of team bonding and am a huge advocate for empowerment through youth sports.

PARKWAY PATRIOTS

Contact Information:

Parkway Middle School
9009 Park Plaza
La Mesa, CA 91942
(619) 668-8372

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

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

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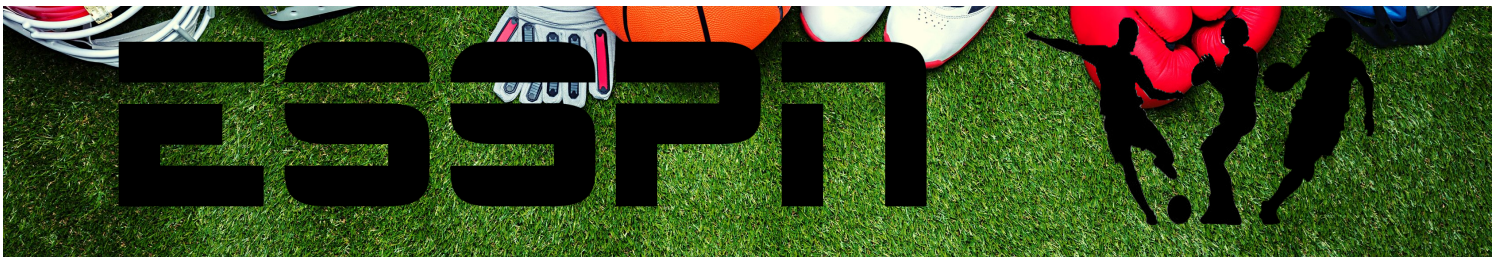

SCHEDULE

Practice

Mondays 1st Practice (7:30-8:30 am)	Tuesdays 2nd Practice (7:30-8:30 am)	Wednesdays SEL (7:30-8:30 am)
10/25 Throwing & Catching	10/26 Scrimmage	10/27 Responsibilities of an Athlete
11/1 Route Tree (0-4)	11/2 Route Tree (5-9)	11/3 Get to know you and Teammate Interviews
11/8 Conditioning	11/9 No Practice	11/10 Teambuilding
11/15 Formations Pt.1	11/16 Formations Pt.2	11/17 Responsibilities of a Leader
11/22 No Practice	11/23 No Practice	11/24 No Practice
11/29 Play Installment	11/30 Play Installment	12/1 Mindfulness
12/6 Play Installment	12/7 Play Installment	12/8 Growth Mindset
12/13 Final Scrimmage	12/14 Walk Throughs	12/15 SMART Goals
	Winter Break No Practice Two Weeks 12/20 - 12/31	
1/6 THURSDAY* Target Football Practice	1/4 Coping Skills	1/5 Team Scrimmage
1/10 Target Football Practice	1/11 Positive Self Talk	1/12 Team Scrimmage
1/20 THURSDAY* Target Football Practice	1/18 My Team	1/19 Team Scrimmage

Scrimmage Days areTuesday Afternoons @ Parkway from 3:15 - 4:30 pm
November 30th, December 7th, 14th, and January 4th.
Students will be bused over the permission slip required!

Flag Football Tournament Day!
Friday, January 21st, Students will get out of class early to be bused to Parkway Middle. The tournament will be from 1:30 - 4:30 pm.
Permission slip required.