

STEAM ACADEMY

ESSPN

WELCOME

SCHOLAR-ATHLETE

Hello, 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 GUY

My name is Anthony Guy, and I am a Program Aide for the ESS program at STEAM Academy. I have been working with students in ESS for almost 3 years, and have been coaching kickball in the ESS program for almost 3 years! In that time, the teams I have coached have had tremendous success while also showing great sportsmanship and team camaraderie. In those years, I have also coached an undefeated, championship winning kickball team as well.



COACH SYKES

Hey! My name is Iosua Sykes, and I am the Assistant Lead for the ESS program at STEAM Academy. I have been working with students in ESS for 7 years, and have been coaching kickball in the ESS program for 6 years! In that time, the teams I have coached have had many undefeated seasons followed by tremendous success showing great sportsmanship and team virtue.



Contact Information:

STEAM Academy
1001 Leland Street
Spring Valley, CA 91977
(619) 668-8360

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

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

-Michael Jordan



SCHEDULE

Practice

Wednesdays 1st Practice (7:00-8:00 am)	Thursdays 2nd Practice (7:00-8:00 am)	Fridays SEL (7:00-8:00 am)
10/27 Throwing & Catching	10/28 Scrimmage	10/29 Responsibilities of an Athlete
11/3 Route Tree (0-4)	11/4 Route Tree (5-9)	11/5 Get to know you and Teammate Interviews
11/10 Conditioning	11/12 No Practice	*11/8 Monday* Teambuilding
11/17 Formations Pt.1	11/18 Formations Pt.2	11/19 Responsibilities of a Leader
11/24 No Practice	11/25 No Practice	11/26 No Practice
12/1 Play Installment	12/2 Play Installment	12/3 Mindfulness
12/8 Play Installment	12/9 Play Installment	12/10 Growth Mindset
12/15 Play Installment	12/16 Walk Throughs	12/17 SMART Goals
Winter Break No Practice Two Weeks 12/20 - 12/31		
1/5 Target Football Practice	1/6 Coping Skills	1/7 Team Scrimmage
1/12 Target Football Practice	1/13 Positive Self Talk	1/14 Team Scrimmage
1/19 Target Football Practice	1/20 My Team	1/21 Team Scrimmage
Scrimmage Days are Tuesday 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.		