

ESSPN

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 BUSTOS

My name is Antonio Bustos. I am the Site Lead for the ESS Program at Bancroft Elementary. I have had the privilege of impacting the lives of students, families, and communities in ESS for over seven years. I have coached kickball three years out of the seven and it has been a great experience to see students show growth mentally; furthermore, students have overcome challenges and leave with grit and confidence.



COACH CASTRO

Hi! My name is Roman Castro and I am a program aide at Bancroft Elementary. I've been working with ESS for 5 years and I am extremely excited to get to coach our students for ESSPN flag football this year! I coached ESS kickball last year and our students were extremely successful at coming together as a team and having a great time. I am looking forward to doing the same this year with ESSPN!



Contact Information:

Bancroft Elementary

8805 Tyler Street
Spring Valley, CA 91977
(619) 668-5839

www.lmsvschools.org/ess/

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“The most valuable player is the one who makes the most players valuable.”

– Payton Manning

BANCROFT ELEMENTARY SCHOOL



SCHEDULE

Mondays - Team SEL 2:50-3:30 PM	Tuesdays - Practice 1:35-2:35 PM	Wednesdays - Practice 2:50-3:50 PM
9/19 Responsibilities of an Athlete	9/20 Catching and Throwing	9/21 Scrimmage
9/26 Introductions and Interviews	9/27 Flag Pulling	9/28 Drills
Fall Break 10/3-10/14 - No Practices		
10/17 Team Building	10/18 Route Tree	10/19 Route Tree
10/24 Growth Mindset	10/25 Drills	10/26 Running the Ball
10/31 SMART Goals	11/1 GAME @ Parkway Academy - 3:00-5:00 PM	11/2 Formations
11/7 Coping Skills	11/8 GAME @ STEAM Academy - 3:00-5:00 PM	11/9 Interceptions
11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days Practice and game times will remain the same.		
11/14 Positive Self Talk	11/15 GAME @ STEAM Academy - 3:00-5:00 PM	11/16 Strengthening Skills
Thanksgiving Break 11/21-11/25 - No Practices		
11/28 My Team	11/29 GAME @ STEAM Academy - 3:00-5:00 PM	11/30 Drills
12/5 Conflict Resolution	12/6 Team Scrimmage	12/7 Strengthening Skills
ESSPN Tournament - Friday, 12/9 @ Parkway Academy 1:30-5:00 PM - Permission Slip Required		

****Monday, 12/12 - Season Debrief and Awards - End of the Fall Season****