

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 GABE

My name is Gabe Mendoza and I am the Site Lead for the ESS program at Casa de Oro. I have been working with students in ESS for over 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 CAMERON

My name is Cameron Stearns and I am a Program Aide for the ESS program at Casa De Oro. I have been working with students in ESS for a little over a year and this is the second year coaching flag football in the ESS program! I'm looking forward to using my skillset and bringing my knowledge of team sports to this flag football team!



CASA DE ORO COUGARS



Contact Information:

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(619) 668-5840

www.lmsvschools.org/ess

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

CASA DE ORO ELEMENTARY SCHOOL



SCHEDULE

Mondays - Team SEL 2:20-3:00 PM	Tuesdays - Practice 1:05-2:05 PM	Wednesdays - Practice 2:20-3:20 PM
9/19 Responsibilities of an Athlete	9/20 Catching and Throwing	9/21 Scrimmage
9/26 Introductions and Interviews	9/27 Drills	9/28 Flag Pulling
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 @ STEAM 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 @ Parkway 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****