

# FLETCHER HILLS ELEMENTARY SCHOOL

# 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 SHAWN**

Hello, my name is Shawn Williams and I am a Recreation Attendant for ESS at Fletcher Hills. I have been working at ESS for almost a year and went to the program as a child I played high school football and will football at Grossmont College. I can't wait to be the ESSPN champions!!



**COACH JOSEPH**

Hi! My name is Joseph Brooks and I am a Program Aide at Fletcher Hills. I will be coaching ESSPN flag football this season. I am excited to teach your kids not only the skills to play football, but also skills that they can use outside of football, like good sportsmanship and teamwork. Go team!!



**FLETCHER HILLS  
FALCONS**



#### Contact Information:

Fletcher Hills Elementary  
2330 Center Place  
El Cajon, CA 92020

(619) 668-5841

[www.lmsvschools.org/ess/](http://www.lmsvschools.org/ess/)

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

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## SCHEDULE

Mondays - Team SEL 2:15-2:55 PM	Tuesdays - Practice 1:00-2:00 PM	Wednesdays - Practice 2:15-3:15 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
<b>Fall Break 10/3-10/14 - No Practices</b>		
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 @ Parkway Academy - 3:00-5:00 PM	11/9 Interceptions
<b>11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days</b> Practice and game times will remain the same.		
11/14 Positive Self Talk	11/15 GAME @ Parkway Academy - 3:00-5:00 PM	11/16 Strengthening Skills
<b>Thanksgiving Break 11/21-11/25 - No Practices</b>		
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
<b>ESSPN Tournament - Friday, 12/9 @ Parkway Academy</b> 1:30-5:00 PM - Permission Slip Required		

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