

HIGHLANDS ELEMENTARY 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 JONAH

Hi I am Coach Jonah and I'll be one of the flag football coaches for Highlands Elementary. I've been working with ESS for about a year. I've played football since my freshman year of high school. I was an All-League defensive player and was named "Linemen of the Year" my senior year. Now I coach high school football at my old school. I'm super excited for the upcoming ESSPN season!



COACH DENZEL

My name is Denzel Brown, and I am the Site Lead for the ESS program at Highlands. I have been working with students in ESS for 11 years and have been coaching 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 including leading Bancroft to its first ever championship!



HIGHLANDS HAWKS



Contact Information:

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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 2:10-2:50 PM	Tuesdays - Practice 12:55-1:55 PM	Wednesdays - Practice 2:10-3:10 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 @ STEAM 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
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****