

LA MESA ARTS ACADEMY

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 TRENT

My name is Trent Vinyard and I am a Program Aide for ESS at La Mesa Arts Academy. I've been playing sports most of my life. I'm super passionate about coaching and I can't wait to get out there and have some fun! It's going to be a fun season with all of you!



COACH PAUL

Hi! I am Paul Jeremy Cooper II but you can call me Coach Coop. I've worked for ESS for a few months now and its been a blast! I've played football since I was 7 and I love everything the game has to offer. I'm looking forward to having an amazing season!



LA MESA ARTS ACADEMY
LMAAC



Contact Information:

LMAAC
4200 Parks Ave
La Mesa, CA 91941

(619) 668-8371

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 7:00-7:55 AM	Tuesdays - Practice 7:00-7:55 AM	Wednesdays - Practice 7:00-7:55 AM
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 @ 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 @ Parkway 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 - Tuesday, 12/6 @ Parkway Academy
3:00-5:00 PM - Permission Slip Required**

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