

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 COACH



COACH LIAM

My name is Liam Clingan, I am the ESS Site Lead at La Mesa Dale. I have been working for ESS for over 6 years and this is my 3rd season coaching! I'm excited to share my passion for the sports that I love and played when I was growing up. I will also teach the students to be team players and outstanding citizens through the love of team sports!



LA MESA DALE LIONS



Contact Information:

La Mesa Dale Elem.
4370 Parks Ave
La Mesa, CA 91941

(619) 668-5844

www.lmsvschools.org/ess/

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

LA MESA DALE ELEMENTARY SCHOOL



SCHEDULE

Mondays - Team SEL 2:15-2:55 PM	Tuesdays - Practice 1:00-2:00 PM	Wednesdays - Practice 2:15-3:15
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 Running the Ball	10/26 Drills
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 - 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****