

LOMA 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 KEVIN

My name is Kevin Hurst and I am the Assistant Lead for the ESS program at Loma Elementary school. I have been working with students in ESS for over 9 years. I have played youth football as well as high school football. Currently I coach for a youth football. Go Leopards!



COACH GAGE

Hello! My name is Gage and I am a Program Aide at Loma ESS. When I was an elementary school student, I was in the ESS program and I am happy to still be a part of this organization. I have been working for ESS for around four years. In the ESS program, I have participated as a kickball coach, kickball umpire and am excited to be coaching flag football this year. Growing up I played travel basketball and have reaped the benefits of being a part of a team. I have experienced the power of team bonding and am a huge advocate for empowerment through youth sports.



Contact Information:

Loma Elementary
10355 Loma Lane
Spring Valley, CA 91978

(619) 668-5847

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 2:50-3:30 PM	Tuesdays - Practice 1:35-2:35 PM	Wednesdays - Practice 2:50-3:50 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 @ 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 @ 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****