



# 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 ESPARZA

My name is Carlos Esparza and I am the Site Lead for the ESS program at La Presa Elementary. I have been working with students in ESS for over 25 years and have been coaching kickball in the ESS program for just as long. The teams I have coached have had tremendous success while also showing great sportsmanship and team camaraderie!



LA PRESA  
LIONS



#### Contact Information:

La Presa Elementary  
519 La Presa Ave.  
Spring Valley, CA 91977

(619) 668-8355

[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

# LA PRESA ELEMENTARY SCHOOL



## SCHEDULE

| <b>Mondays - Team SEL<br/>2:35-3:05 PM</b>   | <b>Tuesdays - Practice<br/>1:20-2:20 PM</b> | <b>Wednesdays - Practice<br/>2:35-3:35</b> |
|--|---|--|
| 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 @ 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                         |
| <b>11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days<br/>Practice and game times will remain the same.</b> |   |  |
| 11/14 Positive Self Talk   | 11/15 GAME @ STEAM 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 Strengthening Skills                   | 12/7 Team Scrimmage                        |
| <b>ESSPN Tournament - Friday, 12/9 @ Parkway Academy<br/>1:30-5:00 PM - Permission Slip Required</b>                       |   |  |

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