

# MARYLAND AVE ELEMENTARY

# 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 BRYCE

My name is Bryce Barnes and I am a Program Aide at Maryland Elementary School ESS. I went to ESS as a kid. I have been working with ESS for 3 years. I have coaching experience. I have been a sports coach and a referee for the past four years. I grew up playing Baseball and basketball my whole life. I am very excited to work alongside coach Jahiem for this season of ESSPN.



### COACH JAHIEM

Hi students and families! I am Jahiem Allen from Maryland Ave. I have been working here at Maryland for about a year. I have one year experience in coaching ESS sports. I can't wait to work with our students and have a successful season! Let's go Mountain Lions!



#### Contact Information:

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5400 Maryland Ave  
La Mesa, CA 91942

(619) 668-5848

[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

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## SCHEDULE

Mondays - Practice 2:15-3:15 PM	Tuesdays - Practice 1:00-2:00 PM	Thursdays - TEAM SEL 2:15-3:00 PM
9/19 Catching and Throwing	9/20 Scrimmage	9/21 Responsibilities of an Athlete
9/26 Flag Pulling	9/27 Drills	9/28 Introductions and Interviews
<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 Running the Ball	10/26 Drills
10/31 Formations	11/1 GAME @ Parkway Academy - 3:00-5:00 PM	11/2 SMART GOALS
11/7 Interceptions	11/8 GAME @ Parkway Academy - 3:00-5:00 PM	11/9 Coping Skills
<b>11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days</b> Practice and game times will remain the same.		
11/14 Strengthening Skills	11/15 GAME @ Parkway Academy - 3:00-5:00 PM	11/16 Positive Self Talk
<b>Thanksgiving Break 11/21-11/25 - No Practices</b>		
11/28 Drills	11/29 GAME @ STEAM Academy - 3:00-5:00 PM	11/30 My Team
12/5 Strengthening Skills	12/6 Team Scrimmage	12/7 Conflict Resolution
<b>ESSPN Tournament - Friday, 12/9 @ Parkway Academy</b> 1:30-5:00 PM - Permission Slip Required		

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