

MURRAY MANOR 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 ANDREW

My name is Andrew Gofigan and I am the Assistant Lead for the ESS program at Murray Manor. I have been working with students in ESS for 11 years and have been coaching kickball in the ESS program for 8 years! In that time, the teams I have coached have had tremendous success while also showing great sportsmanship and team camaraderie!



COACH GIO

My name is Gio Zizzo and I am a Program Aide for the ESS program at Murray Manor Elementary. I am very excited for the opportunity to pass along some of the knowledge I have gained from my previous involvement in organized team sports. It's going to be a fun season. Let's go Mustangs!



Contact Information:

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La Mesa, CA 91942

(619) 668-5850

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 2:20-3:20 PM | Tuesdays - Practice 1:05-2:05 PM | Wednesdays - TEAM SEL 2:20-3:00 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 |
| Fall Break 10/3-10/14 - No Practices | | |
| 10/17 Route Tree | 10/18 Route Tree | 10/19 Team Building |
| 10/24 Drills | 10/25 Running the Ball | 10/26 Growth Mindset |
| 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 |
| 11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days 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 |
| Thanksgiving Break 11/21-11/25 - No Practices | | |
| 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 |
| 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****