

# 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 "ISSA"

Hello! My name is Marissa Delgadillo, and I am a Recreation Attendant for the ESS program at Rolando Elementary. I have been working with students in ESS for over two years. This is my third season coaching for ESSPN. I am very excited and look forward to seeing our students thrive this season. Go Rancho!



### COACH GABRIEL

Hi I am Coach Gabriel, I will be the coach for our Flag Football team here at Rancho. I was apart of the ESS program when I was in school and I have previously played and coached high school football. I'm very excited to teacher our students and watch them grow as the season progresses.



#### Contact Information:

Rancho Elementary  
8845 Noeline Ave  
Spring Valley, CA 91977

(619) 668-5852

[www.lmsvschools.org/ess/](http://www.lmsvschools.org/ess/)

“

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

*– Payton Manning*

# RANCHO ELEMENTARY SCHOOL



## SCHEDULE

<b>Mondays - Team SEL 2:10-2:50 PM</b>	<b>Tuesdays - Practice 12:55-1:55 PM</b>	<b>Wednesdays - Practice 2:10-3:10 PM</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 Running the Ball	10/26 Drills
10/31 SMART Goals	11/1 GAME @ Parkway 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
<b>11/14-11/18 Parent-Teacher Conference Week - Early Dismissal Days 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 Team Scrimmage	12/7 Strengthening Skills
<b>ESSPN Tournament - Friday, 12/9 @ Parkway Academy 1:30-5:00 PM - Permission Slip Required</b>		

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