

# SPRING VALLEY ACADEMY

# 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 CAMERON**

My name is Cameron Stearns, and I am a Program Aide for the ESS program at Casa De Oro. I have been working with students in ESS for a little over a year, and this is the second year I have been coaching in the ESS program! I'm looking forward to use my skillset and bring my knowledge of team sports to this team!



**COACH LUIS**

My name is Luis Inurriaga, and I am a Program Aide for the ESS Program at Murdock. I have worked for ESS for four years. This is my second time coaching organized sports. I have been involved in sports since middle school. I am excited for the season!



SPRING VALLEY ACADEMY  
**EAGLES**



#### Contact Information:

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3900 Conrad Dr.  
Spring Valley, CA 91977  
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[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 - Team SEL 7:30-8:30 AM	Tuesdays - Practice 7:30-8:30 AM	Wednesdays - Practice 7:30-8:30 AM
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 Positive Self Talk	11/15 GAME @ STEAM 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 @ Parkway Academy - 3:00-5:00 PM	11/30 Drills
12/5 Conflict Resolution	12/6 Team Scrimmage	12/7 Strengthening Skills
ESSPN Tournament - Tuesday, 12/6 @ Parkway Academy 3:00-5:00 PM - Permission Slip Required		

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