



Express Soccer Academy

Cheza Boli 

ADMISSION AND TRAINING GUIDELINES.

- Express Soccer Academy recruits players/ children between the age of 4-15 years old. Upon filling the registration form and medical record form the players are grouped according to their abilities for a season before being moved to another category. i.e Kifuru, Ndovu, Simba and eventually Stars.
- Our school based and weekend training is done in secure and safe environment.
 - Ages 4-7 years train for 45 minutes per session. Water and health breaks are allowed. The whole training time is as from 9am-11am
 - Ages 8-15 years train for 1hour 30 minutes per session. Water and health breaks are allowed. The training runs from 9am to 12noon.
- All the training plans must be approved by the technical director and a follow up sessions arranged with the coaches.
- Express Academy adopted a training curriculum for all categories (under 6, under 8 and under 15).
- Express sc conducts life skills or mentorship lessons before the start of each trainings.
- Express soccer Academy's child protection policy must be adhered to by all employees, parents and other stakeholders all the time. Download the child protection from the website and read accordingly for your review and understanding.
- All players must be in Express kits, proper football shoes and shin guards in all the training sessions.
- Membership card must be produced in all sessions.
- For quality assurance, a coach will only handle 15 players in a session.



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