



Express Soccer Academy

Cheza Boli



Season 12 News Letter

Welcome to Express Season 12

Express Soccer Academy welcomes all the members, players and coaches for yet another sporty season 12 soccer coaching program. The season 12 officially starts on Saturday **22nd April 2017** and closes on ...

All School-Based training program will officially kick off ... in the respective schools as per their usual schedule. All school-based program parents are advised to kindly register at your schools and make the payment as per the policies.

All players will receive the training schedule for the parent's review & action.

TRAINING SCHEDULE

Saturday training schedule is as follows:-

9.00am - 9.15am: Dropping Time

9.15am - 9.30am: Life Skills/ Mentorship Program

9.30am - 10.00am: Warming up

10.00am - 11.00am: Training Skills and games

Express Stars Program 11.30am - 1.30pm

All players are grouped according to their playing abilities and age.

Season 12 Training Fees

- School Based - Ksh.7,000
- Saturday Training - Ksh.8,000
- Combined (School Based plus Saturday Training) Ksh.11,000

All Fees should be paid at the beginning of the term

Modes of Payment

Cheque: Account Name: Express Soccer Academy

Mpesa Paybill: 324921

Note: use the name of your child as the account name

Barcelona Pro-Training Camp and tour

22nd July to 30th July 2017

In light with our mission to expose our players to competitive soccer around the world, we've taken a team to UK in 2015 and we are just from Denmark where we participated in the Dana Cup 2016. The trips build on the players' morale of the game and they get opportunity to visit some of their favorite English Premier League, La Liga and other renowned soccer power houses in Europe like Manchester United's Old Trafford, Arsenal's Emirates Stadium and many more. We are pleased and excited to announce that this year, we will be travelling to Spain for the Barcelona Training Camp and participate in the Barcelona Summer Cup and we'll get an opportunity to tour Barcelona's Camp Nou stadium among other excursion sites in Spain. Cost estimates are USD2,900 Full Package. For more details, kindly visit our Website

Official Communication Channels

"EXPRESS_SC" USSD

The academy shall be sending official text messages to parents through this USSD Name

Office Line:

020 38 82 150

Official Academy Email Address

info@expresssocceracademy.com

expresssports2012@gmail.com

Our Social Media Fan page

Find us on social media.
Like and follow us for latest updates
and more as soon as it happens



Express Soccer Academy



@ExpressSoccer2



Express Soccer Academy



Express Soccer Academy

Contact Us

Landline 020 38 82 150

Director 0720094049

email: info@expresssocceracademy.com | Website: www.expresssocceracademy.com



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Tournaments & Friendlies



Express Development League

Football Championship League is a soccer League that will run concurrently with the soccer season and is organised by Express Soccer Academy to give our players a competitive ground to utilize and sharpen the skills gained from training as they play against each other and other invited teams as well.

The league will give all the players in the academy a chance to play and like the nomb in English Premier League the league will have two Divisions: Division 1 and Division 2. Players will be grouped based on their playing abilities, teams will be formed and classied into either of the two Divisions, Division 1 being that with higher playing ability.

All the same, at the begining of each new season, the last teams in the table rankings in Division 1 as performed in the previous season will be demoted to Division 2 Wheares the top teams in Division 2 will be promoted to Division 1. The Emphasis is on the football development of all players in the club.

The league matches will be held on Hillcrest Pre-school grounds. The first Leg of the tournament will be played on 8th March while the second Leg is scheduled for 25th March. All the necessary information will be sent in the subsequent news letters.



Friendlies

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Child Protection Policy

Our Coaches and staff at Express Soccer Academy will undergo a child protection training where we'll be guided by the Child protection policy the Academy has adopted with the help of a consultant firm headed by one of our esteemed parent.

Parents Social Day

as it is our tradition, we take pride of having the opportunity of hosting a social interactive and fun soccer match between our esteemed dear parents and Express Coaches on the last day of season 12. The event will mark the end of Season 12 and will be played at Hillcrest Preschool grounds.

Admission & Payment Policy

Every new parent must fill up a registration form clearly providing their contact details and indicating any medical condition or allergy the child may have.

All players are expected to clear the fees within the first week of training.

Players abd parents joining the academy in course of the season shall be expected to pay the full amount irregardless of the date of joining.

The academy is working on doing away with manual receipts. all receipts of payments made on Saturdays at Hillcrest will be sent on Tuesday the following week in PDF format

December trip

Due to public demand, We are pleased to announce that come December the academy is considering exposing our players to new a region with sports culture and heritage like South frica, West africa states and Dubai.

The Academy will officially communicate about the destination thats suitable for that time of the year in due time once we've settled on one.



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New Programs



Girls Training Program

In a bid to encourage the girl child to join and embrace soccer as a sport, Express Soccer Academy is working on fore front to champion for more girls to sign up for our training program where we shall have a girls team training separate from the boys. The girls will often be exposed to competitions and friendlies with girls teams around Nairobi and beyond.



Parents Training and Fitness Program

The academy has formulated a program tailor made for Express Soccer parents who wish to exercise and flex as they wait for their kids to finish up with their soccer training. Fun activities like Aerobics, Yoga and light soccer training among others are planned for the program. Parents shall be expected to sign up for this program with Ksh.5,000 at our reception desk on Saturdays. Kindly feel free to get in touch with us for more details on this.



Express Stars Extra Training

As the cream de la cream of Express Soccer Academy, we are creating more time and space for this group to train and capitalize more on the team spirit and explore their full potential. The academy is starting a Sunday afternoon training program for the stars. Parents of players in the Stars group will sign up for this program with an extra Ksh. 5,000

Calendar of Events

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|-----------------------------------|--|
| Season 12 Opening dates | 22nd April 2017 |
| Saturday Training Program | 22nd April 2017 |
| School Based Program | |
| 1. The Banda School | May 2017 Every Tuesday (4.00pm - 5.00pm) Year 3 & 4 Coach Adan & Ken Thursday (2.30pm - 3.15pm) Kindergarten Coach Ken (3.15pm - 4.15pm) Year 1 & 2 Coach Karanja, Ken & Kip (4.00pm - 5.00pm) Year 5 & 7 Coach Maurice |
| 2. Hillcrest Pre-School | May 2017 Every Tuesday, Wednesday (3.30 - 5.00pm) Year 2, 3,4,5,6 Thursday (1.00 - 1.30pm) Year 1 Nursery 1&2 and Reption Coach Karanja, Melvin & Kip |
| 3. St. Christophers Schools | May 2017 Every Wednesday (3.30pm - 5pm) Under 6 to Under 12 Coach Joseph, Naman, Evans, Dennis and Melvin |
| 4. Jonathan Gloag Academy | May 2017 Every Tuesday (3.00pm - 3.50pm) Under 9 to Under 12 Coach Naman, Kip, Felix & Adan |
| 5. The Nairobi Waldorf School | May 2017 Every Monday and Tuesday (3pm - 4.30pm) Under 6 to Under 12 Coach Felix and Dennis |
| Express Soccer Development League | |
| Fist Leg | June 2017 |
| Second Leg | July 2017 |
| Award Ceremony | July 2017 |
| Parent's Social Day | July 2017 |
| Season 12 Closing day | July 2017 |
| August Holiday Soccer Camp | August 2017 |