



Season 13 Newsletter

Start of Season 13

Coach Maurice and the staff of Express Soccer Academy welcomes all the Parents, players and coaches for yet another sporty season 13 soccer coaching program .

School-based S13 programs commence from the 11th September 2017 at the various schools, while the Saturday programs begin on the 9th Sep 2017 at the Hillcrest Preparatory from 9-11.30am (U4-U8) and 9-12pm (U9-15). The Stars train from 11:30am - 1:30pm

Tournament, League & Friendly GAMES

Express soccer Development League runs concurrently with the soccer season and is organized by Express Soccer Academy to give all the players a competitive ground to utilize and sharpen the skills gained from training as they play against each other and other invited teams.

The league will take place on 11th and 18th November, 2017 at Hillcrest Pre-school and there shall be series of other friendly matches as indicated.

1. Kifarua: 7th October 2017 at Wadi Degla Clubs in Runda from 9.30am to 12.00pm.
2. Ndovu: 21st October 2017 at Nairobi West School.
3. Stars and Simba: 14th October 2017 at Ligi Ndogo or German School.
4. Inter-Express SC friendly games: 11th & 18th Nov for all the school based players U6-15.

Launching of Strathmore University Training Program

Following the continued growth of Express Soccer Academy, It is our pleasure to announce to you that the Academy will be opening a training program at Strathmore University from 9th September 2017. The new training center will register children from the age of 6yrs to 15yrs old as from 9am - 12pm. Kindly let us know if you want to be part of this centre

Highlights

- Season 13 School-based programs commence on 11th September 2017
- Season 13 Saturday Program commences 9th Sep 2017
- Express Soccer to launch Strathmore University Soccer program
- Dubai International Tournament and Tour, 29 November—4th December 2017
- Training and Administration Policy
- Child Protection Policy
- Introduction of Membership Card



Arusha Chipukizi Cup 2017

The Arusha East African Chipukizi Cup will take place on 7th to 11th December. To register your child for this Tour, Kindly download an application from our website and submit the dully filled form to our reception desk at Hillcrest Pre-school during the Saturday training. Cost Estimates for this tour is Ksh.42,000. Travel, Accommodation and meals included

Express Soccer Membership Card

The management has introduced the membership card which will be given out to all the Saturday and Sunday based players. The players will need to have the card in order to get access to the Express training programs. This is also a move to improve on the security to our children when training. The card will be validated yearly. Get your card @ Ksh.500

Barcelona Tour Report

Barcelona Pro-Training camp 2017 and tour was a success. The academy attended a Pro-Training camp carried out by La Liga and UEFA qualified coaches. The Team got an opportunity to visit Barceona FC's Camp Nou Stadium, Port Aventura Theme Park among other attraction sites within Barcelona. Kindly visit www.expressocceracademy.com and read the reports



Dubai International Tournament and Excursion

The Academy will be registering U9,11,12,13 and 14 teams to participate in the Dubai tournament which will take place from 28th November to 4rd December 2017.

The tournament will not only expose the players to a different training environment but it will also give them an opportunity to play against and interact with other players across the globe

To book, please contact Tabitha on 0203882150/ 0740072901. The last confirmation dates is 31st October 2017. You can also send us an email at info@expressocceracademy.com. Visit our website for more details. www.expressocceracademy.com.



Child Protection Policy

The academy has put in place a child protection policy. All coaches and staff have been trained on the same.

The child protection policy will be available on our website and all parents are advised to read it carefully and abide by it. Visit our website or the link below to download the document. www.expressocceracademy.com/assets/Child_Protection_Policy.pdf

How to Register

Requirements for Admission:-

- Fill in registration form
- Pay Ksh.500 for membership card
- Academy termly training fees of Ksh.8,000
- Every child should have insurance Policy cover from any recognized insurance firm.



Tell: 020 388 2150 | 0720 094 049
Email: info@expressocceracademy.com
Website: www.expressocceracademy.com

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.

Payment Policy

Express Soccer Academy has adopted the following payment guidelines:

Payments will be made for the following:-

- coaching/ training-school based and weekend programs.
- Sports Kit/ Express uniform
- Tournament fee
- Local & East Africa exchange tours
- International tours & training camps (Europe and Dubai)

The Academy will only accept payments through the following:-

- Cheques
- Mpesa Paybill number:
 - 324921 (use the name of your child as the account no.)
- Debit Cards

KES, Dollar & Euro account will be sent to parents for payment of Local and International camps/ tournaments

The Academy will accept payments within the first three weeks of the season. Kindly adhere to this for us to serve you better.

Introduction of Coach Jeremy as Technical Director



In efforts to improve the coaching standards, the Academy has appointed Coach Jeremy as the technical director of the Academy. Having worked in different countries, Coach Jeremy is not only experienced in soccer coaching but also he has interacted with children and teenagers for over a decade.

Maurice Mbowo Foundation

Maurice Mbowo Foundation is a registered non-profit society that works among children and youths in Kenya whose mission is to build an enriching educational setting for economically and socially disadvantaged children and youths using sports as a vehicle to inspire them to fulfill their academic, physical and personal potential.

Through Express Soccer Clubs, the foundation is currently supported over 60 talented children. They are trained professional football registered in the leagues and offering scholarships opportunities. Kindly visit www.mauricemfoundation.org and learn more.



www.mauricemfoundation.org

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