



Express Soccer Academy

Cheza Boli 



Season 14 Newsletter

Express Soccer Academy welcomes all the Parents, players and coaches for yet another sporty Season 14 soccer coaching program. The season 14 officially starts on Saturday 13th January 2018 and 14th January for the Sunday training. All School-Based training program will officially kick off on 9th January in the respective schools as per their usual schedule. All school-based program parents to kindly register at your schools and make the payment as per the policies

TRAINING SCHEDULE

Saturday training schedule is as follows:-

- 8.00am - 8.30am: Dropping Time
- 9.00am - 11.00am: Training -U6-U10
- 9.00-12.00pm: Training- U11-U15
- 11.30am -1.30pm: Express Stars training- U8-U15

All U6 Stars will train in the morning as well as players in simba, Ndovu and Kifaru teams in all the categories.

SEASON 14 FEE

- Saturday Training Ksh.8,000
- School Based & Saturday Training Ksh.11,000
- Sunday Training Ksh.7,000
- Saturday and Sunday Ksh.13,000
- School Based, Saturday and Sunday Training Ksh13,000

Modes of Payment

- Cheque: **Express Soccer Academy Limited.**
- Mpesa Paybill No **324921** Acc Name (Your Childs Name)
- Kindly note that no cash will be accepted.

WELCOME TO SEASON 14



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TOURNAMENTS, LEAGUES AND FRIENDLY GAMES

Express soccer Development league

Express soccer Development League runs concurrently with the soccer season and is organized 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. Players are grouped based on their playing abilities. The importance of this league is football development for all players in the academy for both school based and Saturday/Sunday. The league matches will be held at Hillcrest Pre-school grounds on 17th and 24th March 2018.

STARS TRAINING PROGRAM AND LEAGUE

Express stars from 7 years old are expected to train on Saturday and Sunday. They will also participate in leagues and friendly matches once every month as indicated in the calendar.

NAIROBI WEST LEAGUE

Express soccer will register the Simba and Kifaru groups in the upcoming Nairobi West leagues which will be played once a month. More details will be shared.

Age categories: B7, B9, B11, B13

EXPRESS MID-WEEK PROGRAM

Express soccer academy has introduced mid-week program on Wednesday. This will cater for players who need extra training.

Charges:

- Mid- Week: KES 7,000.
- Mid-week and Saturday: KES 11,000.
- Mid- week, Saturday and Sunday: KES 13,000.
- More information on this will be shared shortly.

ADMISSION AND PAYMENT POLICY

Every new parent must fill up a registration form. All players are expected to clear the fees within the third week of training. Players and parents joining the academy in course of the season shall be expected to pay the full amount regardless of the date of joining. Those who will not have paid the full amount by the third week will not be allowed to train.

NAIROBI HARVEST LEAGUE.

Express soccer stars will be representing the club in the upcoming monthly league that shall take place at Park lands sports grounds. The games have been scheduled to take place once a month. This is one of the most competitive league in Kenya for these athletes. We are going to register under B7, B9, B11, B13 and B15. This league shall incur registration fees. The teams will receive separate communications on this through mails and WhatsApp group.

PARENTS SOCIAL DAY

As it is our tradition, we will be having a social interactive and fun day, we will have a soccer match between parents, Express Coaches and invited teams on 7th April 2018. The event will mark the end of Season 14 and will be played at Hillcrest Preschool grounds.

RULES AND REGULATIONS

- Players should be dropped from 8:30 – 8:50 am.
- All parents MUST sign-in their children and present membership card at the registration desk.
- At the end of each training, children MUST be signed -out as they pick their membership cards.
- Keep time for picking and dropping your child.
- No parent will be allowed to access the training premises without the card, visitors will be given visitor's pass at the gate upon presenting identification documents.
- Express soccer kits (white and green) should be bought by all players.
- Training fees should be cleared by the third week. No player will be allowed to train without fee payments
- All payments should be done through the bank, Express Soccer Academy Ltd, account number 1003276232 or lipa na mpesa pay bill no. 324921. NO CASH PAYMENTS WILL BE ALLOWED.
- Fill and return registration form clearly stating medical condition of your child that the academy should pay attention to.
- All payments should be receipted ask for a receipt for your payments
- Players should put on appropriate kits during tournaments i.e. green kits for away tournaments & friendlies and white for home games.
- Players are not allowed to carry any gadget to the field i.e. iPhone, cameras and I pads. Express soccer academy and Hillcrest schools will not be liable for any lost item.
- Shin guard MUST be put on to avoid injuries.
- All vehicles are parked at owner's risk.
- All players (children) should have health insurance cover.
- Express staff and parents should download and read child protection policy. Access it at; www.expressocceracademy.com
- General complains and enquiries should be directed to the office on 020 388 2150, 0720094049 or email us on either; info@expressocceracademy.com / expresssports2012@gmail.com.

DUBAI TRIP

After participating in a competitive and well-organized tournament in Dubai last year, the academy has decided that it will take another team this year to Dubai. The tournament is expected to take place towards the end of November and parents are advised to register their children early so that the participants may have adequate time to train and prepare for the tournament. Registration starts in February until end of July. The team will train during August holidays and train twice from September for us to register good results in Dubai. Information pack for this tournament will be uploaded to Express soccer website in February. Visit our website for more information about last trip including the report.



ARUSHA CHIPUKIZI TOURNAMENT

Express soccer academy did very well in the Arusha Chipukizi December 2017 Tournament. We registered three teams, U 13, U10 and U7. U13 only lost to Azam FC in the finals through penalties. U10 were knocked out at the quarters. U7 thrashed all the opponents only to lose to Moi Educational Centre at the finals through penalties too.

Express will register teams to participate in Arusha Chipukizi Tournament in December 2018. Registration starts in June and ends in September. Visit our website for more information.

Express soccer academy is introducing Nakuru tournament in April 2018 for under 9,11,13. More information on this to be shared later.

FIT 4 LIFE PROGRAMS

Express soccer Academy is introducing FIT 4 LIFE program for adults.

The present study examined the relationship between health risks and neurocardiac function in young adults and adults in general. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. Related factors to individual health and quality of life are correlated to lifestyle. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology.

Under the theme fit for life, Express sports ltd, has come up with a six month program curtailing all rounded body exercises which will keep your body and mind in top shape keeping in mind that almost everyone, no matter what his or her physical condition, can engage in at least some form of bodily exercise. The exercises are tailored programs which will follow the guidelines for age and overall health stat



The fit for life program has different phases, which are the beginner stage which will take few weeks, intermediary phase for another few weeks and the advance stage. Every phase will have exercise activities conducted according to the nature of the phase at hand .For instance ,if it is the beginner stage ,activities will be mild ,soft and client friendly .We believe that in fitness ,no matter how slow you go ,you are still lapping everybody on the couch.

The intermediate and advance phase will involve vigorous workouts with supreme focus in building strength ,building stamina and endurance ,building cardiac fitness and shadding some weights while enjoying and gaining pure lean muscles.We believe that anything that doesn't challenge us ,wont change us.

THE MAURICE MBOWO FOUNDATION

The Maurice Mbowo Foundation is a non-profit society that works among children and youth in Kenya. Initially our programs are implemented in Kibra.

Founded by Maurice Mbowo himself, a former professional footballer turned a coach, who was born and raised up in Kibra. The Foundation's main mission is to build an enriching educational setting for economically and socially disadvantaged children and youths using soccer as a vehicle to inspire them to fulfill their academic, physical and personal potential.

The Maurice Mbowo Foundation implements her activities through the following programs;

- Lobbying, advocacy and research.
- Health and outreaches.
- Education.
- Sports talent development, mentorship and life skills.

To support any kid or for program support, feel free to contact us on 020 388 2150, 0740 072901. Or email us on; info@mauricemfoundation.org.

CHARITY FUNDAY

We thank parents, Express staff and players for their donations during the charity event held in December.

The Maurice Mbowo foundation kids had a wonderful Christmas courtesy of the donations. The sponsored kids are happily in school and in good school uniform.



The Maurice Mbowo Foundation
Inspiring Communities

