



Express Soccer  
Academy

# SEASON 22 NEWSLETTER

( 15<sup>th</sup> May to 20<sup>th</sup> July )



*Welcome to Season 22*

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Express Soccer Academy





# Word from the Director

I warmly welcome all the Parents, players and Express Soccer Academy staff for yet another sporty Season 22. The season officially starts on Saturday 15th and 16th May, 2021 for weekend program.

It is my pleasure to once again welcome and invite you all to Hillcrest International School- Senior school section and Marist International University College all in Karen for fun filled soccer training and matches. The training and matches resumes after a break due to presidential directive brought about by Corona Virus Disease –COVID-19. It has never been easy but our Almighty has kept most of us alive and healthy.

Join us for this exciting season where all Ministry of Health and W.H.O protocols and measures on COVID-19 will be the order of the day

Welcome all!

## WORD FROM THE TECHNICAL DIRECTOR

I welcome you all players to season 22, it's been a while but God willing it will be a wonderful season.

Our training focus this season is “positional play”. In this type of play, players are able to master their positions in the field, roles and responsibilities required of them in the field of play. This will form the basis of evaluation at the end of the season.

The challenge we have as an academy is training less recommended hours for the complete development of the player. In ideal scenario, the hours should be 20 hours a week but due to different challenges including training fees, we encourage at least 3 to 4 training session a week for proper development.

We have introduced a high intensity training program, the training will be three days a week over the weekdays. This training will help in player's development. It is ideally meant to achieve professional angle of football development, the program targets players from under 13 to youth team.

## CAMPUSES

**Hillcrest International School Preparatory Section**  
Hillcrest drive, Off Langata Road,  
Karen, Nairobi  
Age Group: U5, U7, U9, U11 & U13

**Marist International University College**  
Marist lane, Off Langata Road,  
Karen, Nairobi  
Age Group U15 –Youth Team





## TRAINING SCHEDULE

### Weekend training:

Saturday: 9am -12pm both campuses (Hillcrest & Marist)  
Sunday: 2pm - 4.00pm both campuses (Hillcrest & Marist)

### Midweek/ High performance training:

Express soccer academy has organized a weekday training for players who can make it especially for grade 4, class 8 and form 4 leavers.

The training will be conducted at Marist International College from 25/5/2021 on Wednesdays, Thursdays and Fridays.

## FEE STRUCTURE

Training twice (Saturday & Sunday) – **Ksh.13, 800**

Training once (Saturday or Sunday) – **Ksh. 9,800**

Registration/Application – **1,500** (for new students).

Uniforms – **Ksh 2,500** per pair (home and away).

League participation fee.....

FKF Sub County League **Kshs. 5,000** (youth team)

Raising Stars **Kshs. 3,000** (U7, U9, U11, U13 & U15)

## Admission & Payment Policy

### NOTE

#### All payments to the academy should be made by:

1. Cheques towards Express Soccer Academy LTD, Account No: 1003276232 NIC BANK GALLERIA BRANCH.  
(Remember to include name of your child and category they participate in.
2. Mpesa Pay bill no: 324921, A/C Name, child's name and admission number
  - 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 mid-way or after several weeks after opening date will 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.





## Rules and Regulations

- Players should be dropped from 8:30 – 8:50 am for Saturdays and 1.30 -1.50pm on Sundays.
- 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 an official 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.expresssocceracademy.com](http://www.expresssocceracademy.com)
- General complains and enquiries should be directed to the office on 020 388 2150, 0720094049 or [info@expresssocceracademy.com](mailto:info@expresssocceracademy.com) / [expresssports2012@gmail.com](mailto:expresssports2012@gmail.com).





## COVID 19 PROTOCOLS AND MEASURES

- Wash your hands and sanitize-there will be washing hands stations at both campuses
- Wear your mask always except when training
- Temperature check-there will be a mandatory temperature checks at both campuses
- There will be a designated waiting bay for the players as they wait to be picked
- The number of players per coach will be regulated
- All our equipment will be disinfected before and after training.



## Tournament, League & Friendly Games

### 1. RAISING STARS LEAGUE

This league is a brainchild of Express Soccer Academy to give best players from U7 – U15 opportunity to compete with other academies and nurture their talents. Though Express Soccer Academy is the league coordinator, ten other academies are taking part in it.

Dates for the fourth edition will be communicated in due course. We urge parents to support all players in this league.

### 2. EXPRESS TOTO'S FUN MATCHES

Express Soccer players in U5 and U7 will have fun matches at the end of every season. Players in U5 do not take part in any league hence Express Toto's fun matches. We will invite few teams to make this event memorable and fun filled for our players.

### 3. FKF SUB COUNTY LEAGUE

The Kenyan Sub-County Leagues are the sixth and lowest tier of the Kenyan football league system. Express Soccer youth team is participating in the Nairobi West FKF Sub County league, the FKF Sub county league is resuming on 5th June 2021 and we wish our players all the best.

### 4. EXPRESS FKF AFFILIATION

Express Soccer Academy is fully affiliated with FKF. We have complied with all the requirements and working closely with Nairobi West Branch. Express Youth team is participating in Sub County league organized by Nairobi west Branch.

### 5. PARENT'S SOCIAL DAY

As is the norm, Express Soccer Academy will be holding another social fun day on the last Saturday of the season (17<sup>th</sup> July 2021). It is unfortunate we didn't have one in season 21 due to the directive by the president, we hope and pray that we will have one this season.

Parents will have a chance to play against the children and express coaches. We will invite few guest teams to make it more enjoyable.



## 6. PRIVATE TRAINING

The academy will organize a three days intensive training for those willing to participate during the one week July holiday.

The training will be from Wednesday 21st to Friday 23rd 2021



## 7. PARENT'S MEETING

The parents' meeting for under 5 to under 13 was held on 20/ February/ 2021 at Hillcrest senior school section examination room (L1).

From the meeting we note the following:

- I. Hours of training: it is evident that our players are clocking less hours as stipulated in FIFA guidelines, the least hours a player should clock at development stage is 20 hours which we are short of, therefore recommended we should work on it.
- II. Philosophy of play: the academy has adopted a philosophy of play that all players from under 7 to youth team are adopting to. This will distinguish our players from others. Our technical focus for this term is positional play.
- III. Nutrition: We should not feed our children on junk food, healthy food, fruits, water are highly encouraged.
- IV. Evaluation reports: The academy issues all players with evaluation reports, kindly go through the reports keenly and find time to discuss the same with your son/ daughter's coach.

## 8. EXPRESS MANAGEMENT APP

Express soccer academy has come up with an application to help in monitoring player's development and the general management of the programs.

The test run will be this term, our parents, players and coaches are encouraged to actively engage the academy through the application.

## 9. ELVIS TENNIS & SWIMMING PROGRAM

Express soccer academy in partnership with Elvis tennis academy is introducing tennis and swimming lessons. More details will be shared in due time. For more information kindly contact the office.



## 10. THEORY CLASSES

Express Soccer will be having theory classes in its programs this season.

## 11. COMPENSATION CLASSES

We are aware that we had a weekend that was disrupted due to the impromptu presidential directive to stop all the sporting activities in the country. Due to this, we have organized an extra hour four times for under 15 and Youth team and 30 minutes extra four times for under 5 to under 13.

The sessions will be spread along the training weeks from June 2021.



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**For more information contact:**

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