



END OF SPECIALIZED TRAINING NEWSLETTER

December 2020



Venue: Marist International University College, Karen

Contact us on: 0740 072 901 | 0720 094 049

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

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INTRODUCTION

We appreciate all the players, parents and coaches for supporting Express soccer academy during the specialized training, we are very certain that our players had fun and made a mark in their lives. Our specialized training was started on 12th August 2020 to 20th December 2020 at Marist International University College grounds.

The academy conformed to all WHO and the Ministry of Health protocols and measures on Covid19. We also acquired training certification/authority from the department of public health at the Nairobi metropolitan service/county government of Nairobi.

EVENTS

1. During the specialized training, Express soccer academy carried out and also took part in the following events.
2. Friendly matches - Express soccer academy had monthly friendly matches with the main purpose of helping our children compete with other teams.
3. Specialized training - Express soccer academy specialized training targeted players from the following categories; U5, U9, U11, U13, U15 and the youth team.
4. The training started as a physical/fitness training for players who had taken long before being involved in any physical activities i.e. football that has immense health benefits to them but were just staying at home involved in activities that had no mental/physical benefits to them.
5. Despite the effects of COVID-19, most parents went ahead and signed in their children for the program.
6. Harambee stars selection-we took part in the Harambee stars under 17 national selection at Ligi Ndogo grounds organized by Nairobi west FKF branch. Four of our players were selected in the first round, two were dropped in the second round and eventually our goal keeper has been selected as the first choice goal keeper for Nairobi west branch.

BENEFITS OF THE PROGRAM

- Physical fitness for the children, which translated to better playing during the friendly matches
- Taking part in the friendly matches prepared the children for the resumption of the raising stars and FKF sub county league which our youth team was part of before COVID -19
- The training kept the children busy thus prevented them from taking part in unproductive activities.
- Mentorship program helped the youth team handle psychological effects of COVID-19





STAFF CHANGES AT EXPRESS SOCCER ACADEMY

We would like to let you know of the following staff changes:

Staff joining us

Mr. Teddy Ouma - The new administrator

Mr. Leonard Saleh - The new Technical Director

Mr. Leonard Odipo - The new head of youth team



Mr. Teddy Ouma

EXPRESS SOCCER CAMPUSES

We are pleased to inform you that our main training centre/campus is Hilcrest international school-preparatory section. Through specialized training during COVID-19 period, we have acquired another centre, Marist International University ground, which our players will continue at even when season21 commences.

Comprehensive informations about 2021 program to be shared in January.

STAFF LEAVING US

Mr. Joshua Mutie - Former administrator

Mr. Joseph Jagero - Former Technical Director

Mr. Kennedy Oloo - Former under11 coach

EXPRESS SOCCER BONANZA

WHAT A WAY TO END THE YEAR !!!

Express SC Academy held its sports Bonanza from 18th to 20th of December 2020 at Marist International University College grounds. We invited different teams from different parts of Nairobi. The friendly matches were played between different age categories eg under 9, under 11, under 13, under 15 and youth team.

KEEEP SAFE



The results for the friendlies are as follows

SAT 19TH DEC | UNDER 9 FIXTURES

	Express SC	7 - 1	Ligi Ndogo	
	Express SC	3 - 0	United Soccer Talent	
	Ligi Ndogo	0 - 7	Express SC	
	United Soccer Talent	2 - 3	Express SC	

SAT 19TH DEC | UNDER 11 FIXTURES

	Express SC	2 - 1	Ligi Ndogo	
	Express SC	1 - 2	KINGS	

SAT 19TH DEC | UNDER 13 FIXTURES

	Express SC	0 - 1	KINGS	
	United Soccer Talent	2 - 1	Express SC	

SAT 19TH DEC | UNDER 15 FIXTURES

	Express SC	1 - 2	United Soccer Talent	
	Express SC	0 - 1	KINGS	

SAT 19TH DEC | YOUTH TEAM FIXTURES

	Express SC (U17)	4 - 1	Sita Mbili (U17)	
	Sita Mbili (U20)	1 - 2	Express SC (U20)	

SUN 20TH DEC | UNDER 9 FIXTURES

	Express SC	4 - 1	A3T	
	Express SC	1 - 5	Green Santos	

SUN 20TH DEC | UNDER 11 FIXTURES

	Express SC	3 - 4	A3T	
	Express SC	3 - 1	Green Santos	

SUN 20TH DEC | UNDER 13 FIXTURES

	Express SC	3 - 0	A3T	
	Green Santos	0 - 0	Express SC	

SUN 20TH DEC | UNDER 15 FIXTURES

	Express SC	0 - 0	Green Santos	
	Express SC	3 - 0	A3T	

SUN 20TH DEC | YOUTH TEAM FIXTURES

	Express SC (U17)	4 - 1	A3T (U17)	
	Express SC (U20)	0 - 2	Green Santos (U20)	



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We wish everyone a

*Merry Christmas
and a Happy New Year*