



Express Soccer Academy

Cheza Boli



Season 15 Newsletter

Express Soccer Academy welcomes all the Parents, players and coaches for yet another sporty Season 15 soccer coaching program. The season 15 officially starts on Saturday 5th and 6th May 2018 for the Sunday training. School-Based training programs will officially kick off on 25th April 2018 at The Banda School, 2nd May at Hillcrest Prep School and 8th May for Jonathan Gloag Academy. 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:-

- 8.00 am - 8.30 am: Dropping Time
- 9.00 am - 11.00 am: Training -U5-U9
- 9.00 am-11.30 am; Training- U11-U15
- 11.30 am - 1.30pm: Express Stars training- U9-U17

All U7 Stars will train in the morning as well as players in Simba, Ndovu and Kifaru teams in all the categories.

Player Groupings

Express Soccer Academy from Season 15 will follow FIFA approved grouping of players. We will use the following Categories U5, U7, U9, U11 & U17 from May 5th.



ADDITIONAL TRAINING DAY

As agreed in the parent's meeting, players will from this season train on Fridays at Hillcrest Prep-School from 4.30pm to 6.00pm

SEASON 15 FEE

- Saturday Training Ksh. 8,000
- School Based & Saturday Training Ksh. 11,000
- Sunday Training Ksh. 7000
- Saturday and Sunday Ksh. 12,000
- Friday, Saturday and Sunday Training Ksh. 15,000
- Friday and Saturday Ksh. 12,000

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.
- Payments to be done within the first 3 weeks of opening.

WELCOME TO SEASON 15

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TOURNMENTS, LEAGUES AND FRIENDLY GAMES

Rising Stars League

This league is a brainchild of Express Soccer Academy to give our stars from U9 – U17 opportunity to compete with other academies and nurture their talents. Though Express Soccer Academy is the league coordinator, eight other academies are actively participating in it. Rising Stars league use home and away format which is played after every two weeks only on Sundays. This season it resumes on 13th May, 2018. Venues are Hillcrest Prep school, Ligi Ndogo, Laiser Hill and Elite grounds

Express Mini World Cup 2018.

This year, the world largest sports gathering will happen in Russia from June 14th to July 15th in the name of FIFA world cup. Express Soccer Academy players will not be left out though because the academy has organized a fun filled Mini world cup games on June 30th. This will involve all the academy players-Saturday / Sunday & School based player-, invited academies from Kenya, Uganda and Tanzania. All Express Soccer Academy players should be dropped at 8.45 am because the games will start at exactly 9.30 am. Participating teams will use names of countries playing in Russia i.e. Express stars will use Brazil, Simba- Nigeria, Ndovu- Germany and Kifaru- Japan. Invited teams will identify a country of their choice. Teams and individuals will be awarded. We call upon our parents to support this event.

Express mini friendly matches

Express mini friendly matches resumes this term. This are structured games to allow players in Simba, Ndovu and Kifaru to play more games as we nurture their talents. Stars will participate in very few of this matches. This will take place every fourth weekend of every month during the season. Parents are requested to support our players during matches.

ISK tournament

International School of Kenya (ISK) has invited Express Soccer Academy to take part in their annual tournament scheduled for 12th May, 2018. Express Soccer will be represented by U5, U7, U9 and U11 stars. Only selected players will receive invitation letters.

Express Toto's league.

Express Soccer players in U5 and U7 have not had time to compete in any competitive tournaments before. U5 and U7 Players will participate in the Toto's league every last saturday of the month at Hillcrest Prep-school. Come support our tolos as they take part in this exciting league.

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.expresssocceracademy.com
- General complains and enquiries should be directed to the office on 020 388 2150, 0720094049 or email us on either; info@expresssocceracademy.com / expresssports2012@gmail.com.

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.

PARENTS SOCIAL DAY

As it is our tradition, we will be having a social and interactive fun day, we will have a soccer match between parents, Express Coaches and invited teams on 21st July, 2018. The event will mark the end of Season 15 and will be played at Hillcrest Prep-school grounds.

We encourage the parents to make use of available field / track at Hillcrest Prep-school for training as they wait for their children. Parents can team up in teams of 5 or more and do lapses around the field or fitness activities. This opportunity is open until season closes. We expect more parent to participate in social football. The academy will organise social friendly matches against the parents of Moi Educational School before the end of the training season.

Registration Portal

The academy from season 15 will register her players digitally. A portal to enable this has been developed and registration procedure will be sent to parents as they will require to register first before registering their children. This portal will also enable us communicate effectively a part from seamless registration.

Express FKF affiliation

Express Soccer Academy from season 15 will affiliate with Football Kenya Federation. Through this partnership, Express Soccer Academy will be made a centre of excellence in football coaching. The Academy trains at Hillcrest Prep-school, this will be our federation assessment place. This comes at a cost which the academy will cost-share with the players. Each player will pay annual fee of 1,000. Express players will be issued with unique identification number that they will use during FKF leagues - Nairobi West branch- and they will be eligible for national team call -ups in U13 and U15.



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 May until end of October. 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 is available on the Express soccer website ; www.expresssocceracademy.com. Visit our website for more information about last trip including the report.



ARUSHA CHIPUKIZI TOURNAMENT

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.

Rausha Kipaji Tournament Brief

Express Soccer Academy participated in Rausha Kipaji Tournament in Nakuru. The exciting event was organized by kick it Kenya. We managed to register three teams U9,U11 and U13. The players gave their best, our teams reached the finals in all the categories they were registered in. U9 and U11 were crowned winners while U13 were 1st runners up. We thank the parents for supporting our players before, during and after the tournament. Congratulations!!.

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.



The Maurice Mbowo Foundation

Inspiring Communities

