



CITY SPORTS AFRICA

CITYSPORTS YEAR 2024 Information Pack



WHO WE ARE

CitySports focuses on nurturing young talents through expertly designed curriculums. Our programs are crafted to take students on a journey that not only fosters a passion and love for sports but also equips them with the skills and positive experiences needed for a well-rounded career in sports and life.

Our vision:

Using sports to empower every child in Africa and every African child anywhere in the world.



OUR SPORTS

We offer comprehensive development programs in **Athletics, Basketball, Football, Swimming, and Tennis**. Each program is meticulously planned to ensure that students receive the highest quality training and personal development.

Our highly trained coaches are dedicated to helping young people develop their God-given talents and skills. Whether students aim to pursue sports professionally, semi-professionally, or for leisure, our coaches provide the necessary guidance and support. They are also qualified to teach personal leadership skills through sport-based activities and scenarios.



OUR CORE VALUES

We instill six core values in our students, which is part of our curriculum.

- **Discipline**
- **Integrity**
- **Excellence**
- **Teamwork**
- **Perseverance**
- **Courage**

These values not only shape our student's progression into young adults but also equip them with skills that can be applied throughout their lives, helping them become the Pride of the Nation.



SPORTS DEVELOPMENT PATHWAY



1. Training Hours = 276
 - Termly = 216 hrs
 - Holiday Camps = 60 hrs
 - Global Programs = 0 hrs

2. League Games – 21
 - Level 1 = 18
 - Level 2 = 3
 - Global Programs = 0

3. Leadership Sessions – 60
 Discipline, Integrity, Excellence,
 Teamwork, Perseverance, Courage

The focus pillars are **Physical, Technical** and **Mental**

1. Training Hours = 402
 - Termly = 216 hrs
 - Holiday Camps = 80 hrs
 - Global Programs = 80 hrs

2. League Games – 58
 - Level 1 = 36
 - Level 2 = 6
 - Global Programs = 10

3. Leadership Sessions – 140
 Discipline, Integrity, Excellence,
 Teamwork, Perseverance, Courage

The focus pillars are **Physical, Technical, Adaptive** and **Mental**

1. Training Hours = 402
 - Termly = 216 hrs
 - Holiday Camps = 90 hrs
 - Global Programs = 96 hrs

2. League Games – 58
 - Level 1 = 36
 - Level 2 = 12
 - Global Programs = 10

3. Leadership Sessions – 140
 Discipline, Integrity, Excellence,
 Teamwork, Perseverance, Courage

The focus pillars are **Physical, Technical, Adaptive, Tactical** and **Mental**

1. Training Hours = 402
 - Termly = 288 hrs
 - Prep Programs = 90 hrs
 - Global Programs = 96 hrs

2. League Games – 58
 - Level 1 = 36
 - Level 2 = 12
 - Global Programs = 10

3. Tournaments 5
 - Quarterly = 4
 - Annual State Games = 1

The focus pillars are **Physical, Technical, Adaptive, Tactical** and **Mental**

According to Pro Teams Program

5 PILLARS – PHYSICAL. TECHNICAL. TACTICAL. MENTAL. ADAPTABILITY



DEVELOPMENT STARTER

The Development Starter Program is designed to ignite a passion for sports in young students from 0 – 15 years old, regardless of their previous training or skill level. It covers a variety of sports including **Athletics, Basketball, Football, Swimming, and Tennis**, and is structured to cater to different age groups with age-appropriate training and development activities in 3 development levels: **Introduction, Foundation & Pre-Academy**

[Learn more about this program](#)





PERFORMANCE ACADEMY

The CitySports Performance Academy is designed for young athletes from **10 – 22 years old**, who show potential and dedication to excel in **football and basketball**. This program focuses on advanced training, competitive play, and overall athlete development to prepare participants for higher levels of competition, including potential collegiate or professional opportunities.

This program provides residential and non-residential structure. [Learn more about this program](#)



RESIDENCY ACADEMY

CitySports Residency Academy is designed to shape the future of aspiring male athletes aged **16 to 22**. This offers an unparalleled opportunity to unlock their potential and lay a solid foundation for a successful sporting career.

As a comprehensive 11-month initiative, CitySports Residency Academy (CSRA) is dedicated to nurturing and developing the athletic talents of promising individuals within the city, ensuring they have the skills, discipline, and support necessary to excel in the world of sports. structure.

[Learn more about this program](#)





CITYSPORTS FOOTBALL CLUB

CitySports FC represents the culmination of our comprehensive development structure. We take immense pride in being the only organization in Africa that offers complete sports development at every level.

CitySports Football Club (CSFC) is more than just a football club; it's a vibrant community where fans, players, coaches, and everyone in between come together to share their passion for the beautiful game. With an inclusive spirit at its core, CSFC embraces diversity and welcomes all who share a love for football. Whether you're cheering from the stands, lacing up your boots on the pitch, or guiding the team from the sidelines, you're an integral part of our club. [Learn more about this program.](#)



GLOBAL SPORTS PROGRAM

The Global Sports Program provides young athletes from **8 – 19 years old** with the unique opportunity to gain international exposure through participation in global tournaments and sports tours.

This program aims to enhance athletic skills, adaptive skills, cultural understanding, and broaden the sports perspectives of participants.

[Learn more about this program.](#)



SPORTS SCHOLARSHIP PROGRAM

The Sports Scholarship Program is specifically designed for young athletes from **13 – 22 years old** who aspire to reach elite status in their chosen sports.

This program provides a structured and long-term development plan, ensuring that athletes can pursue their sports dreams while maintaining their academic responsibilities.

[Learn more about this program.](#)





HOLIDAY PROGRAM

The Holiday Program is designed to provide a short, intense, and focused development experience for students through sports. This curriculum-based program aims to enhance athletic skills and overall development during school holidays.

It offers both residential and non-residential options to cater to different needs and preferences.

[Learn more about this program.](#)

CITYSPORTS FIVE PILLARS OF SPORTS DEVELOPMENT

Physical

In the journey of development, our curriculum focuses on building and enhancing motor skills such as endurance, speed, power, agility, among others. These are some of the areas we will develop players to prepare them for the intensity of the game.

Technical

We recognize that individuals have varying levels of talent and ability. Our curriculum is designed to fan that spark of talent, no matter the level of skill, on a journey of development that shows visible and significant progress in the student's ability

Adaptability

Ambitious people constantly strive to adapt to and excel in different environments. Our end goal is to develop young people capable of competing and holding their own as professionals wherever they find themselves; we will engage students on foreign trips and tournaments to enhance their competition abilities, confidence and social interaction skills.



Tactical

An individual may possess skills but lack the knowledge or awareness of when and where to apply that skill in the real-world. We teach and guide every student in our program to develop the ability to read and understand situations of the game and apply themselves appropriately.

Mental

Sports is not just a game of physical strength and ability. Our focus here is to teach our students personal leadership skills for success on & off the pitch; build confidence and develop their minds to break through mental barriers so they can progress and perform up to their full potential. The focus skills here are: Discipline, Integrity, Excellence, Teamwork, Perseverance & Courage.










DEVELOPMENT PROGRAMS TRAINING SCHEDULE

Programs	Sports	Days/Time	Venue
Development Starter	Athletics	Saturdays: 7 – 9 am	11 Sinari Daranijo Street, VI
	Basketball	Wednesdays: 4 – 6 pm Saturday: 7 – 9 am 11am – 1pm	Upbeat Center, Lekki Phase 1 Upbeat Center, Lekki Phase 1 YMCA Center, Ikoyi
	Football	Wednesday: 4 – 6 pm Thursday: 4 – 6 pm Friday: 4 – 6 pm Saturday: 7 – 11 am 9 – 11 am 12 – 2 pm	11 Sinari Daranijo Street, VI/Plot 1 Holden Park Street, VGC The Stables, Surulere 11 Sinari Daranijo Street, VI 11 Sinari Daranijo Street, VI The Stables, Surulere Plot 1 Holden Park Street, VGC
	Swimming	Saturday: 9 – 11 am	1226, Ahmadu Bello Way, VI
	Tennis	Tuesday: 4 – 6 pm Saturday: 11am – 1pm	37 Glover Court, Ikoyi 37 Glover Court, Ikoyi
	Performance Academy	Basketball	Wednesday: 4 – 6 pm Friday: 4 – 6 pm Saturday: 8 – 10 am Sunday: 4 – 6 pm
Football		Tuesday: 4 – 6 pm Wednesday: 5 – 7 pm Thursday: 4 – 6 pm Friday: 4 – 6 pm Saturday: 11am – 1pm Sunday: 4 – 6 pm	The Stables, Surulere 11 Sinari Daranijo Street, VI The Stables, Surulere 11 Sinari Daranijo Street, VI 11 Sinari Daranijo Street, VI 11 Sinari Daranijo Street, VI
Football		Tuesday: 4 – 6 pm Wednesday: 4 – 6 pm Thursday: 4 – 6 pm Friday: 4 – 6 pm Saturday: 11am – 1pm Sunday: 4 – 6 pm	The Stables, Surulere

UNIFORMS

Every registered student will be given these kits as part of the program

Development Starter Kits	Athletics	
	Basketball	
	Football	
	Swimming	
	Tennis	
Performance Academy Kits	Basketball	
	Football	





CITYSPORTS LEAGUE

The CitySports League (CSL) is a cornerstone initiative designed to foster the athletic development of students in Basketball, Football and Swimming. This in-house inter-center competition serves as an essential developmental tool for all participants, regardless of their skill level.

Performance Analysis: Coaches utilize the league to evaluate and track the progress of each student's athletic development.

[Learn more about this program.](#)



CITYSPORTS AWARDS

The CitySports Awards is an annual event dedicated to recognizing and celebrating the achievements the Sports & Leadership skills of our students. Click to see previous editions [2023](#), [2022](#) & [2021](#)



This year's CitySports Leaders Award is billed on December 7, 2024





PARENTS' FEEDBACK

Feedback is a big part of our business here at CitySports.

Please click and watch CitySports Parents say what they think about us.





FEES

		Academy				
		Introduction 4-7	Foundation 8-11	Pre Academy 12-15	Non Residency	Residency
One Off / Initial Payments	Registration	40,000.00	40,000.00	40,000.00	40,000.00	40,000.00
	Kits	92,000.00	92,000.00	92,000.00	220,000.00	270,000.00
	Health Assessment	x	x	x	160,000.00	160,000.00
	CSL	42,500.00	42,500.00	42,500.00	x	x
Tuition Football	1 Session/Wk	192,000.00	192,000.00	192,000.00	x	x
	2 Session/Wk	384,000.00	384,000.00	384,000.00	x	x
	3 Session/Wk	576,000.00	576,000.00	576,000.00	x	x
	4 Session/Wk	x	x	x	612,000.00	x
	6 Session/Wk	x	x	x	918,000.00	x
	Residency Half Board	x	x	x	x	1,350,000.00
	Residency Full Board	x	x	x	x	1,750,000.00
Tuition Other Sports <small>(Athletics, Basketball, Swimming, Tennis)</small>	1 Session/Wk	158,400.00	158,400.00	158,400.00	x	x
	2 Session/Wk	316,800.00	316,800.00	316,800.00	x	x
	3 Session/Wk	427,680.00	427,680.00	427,680.00	x	x
	4 Session/Wk	x	x	x	612,000.00	x

Enjoy a 10% discount if you pay for a **Year**

Enjoy **Returning Student** discount

Fees of other programs will be published when confirmed. Eg GSP, Holiday Program, Talent TryOuts, Scholarship Showcase etc.



REGISTRATION

STEP 1:

Click on the **Registration Link** to register. Ensure you have read the **Terms & Condition** and the **Code of Conduct**

STEP 2:

Choose your preferred program, sport, location. Fill and submit the registration form.

STEP 3:

Follow through to make payment.

STEP 4:

Get started.



MEET OUR COACHES



Our team of highly trained coaches is dedicated to delivering top-notch coaching sessions aimed at nurturing the God-given talents and skills of young people. Each CitySports coach is not only qualified but also certified by global sports regulatory bodies, ensuring they are always up-to-date with the latest rules and standards in the sporting world.



Furthermore, our coaches regularly participate in both in-house and international training programs. This ongoing education is a testament to our commitment to continually enhancing the knowledge and skill set of our coaching team, ensuring they provide the best possible guidance and support to our young athletes.





OUR MEDICAL TEAM

Our team of highly trained paramedics is at the forefront, delivering prompt and exceptional medical care. They provide timely and high-quality medical attention to those in need.



FREQUENTLY ASKED QUESTIONS

1. What programs does CitySports offer?

- We offer several programs. Kindly check pages 6 – 12 for detailed information of all our programs.

2. What sports are available in CitySports programs?

- We offer training in Athletics, Basketball, Football, Swimming, and Tennis across various programs.

3. How do I enroll my child in a CitySports program?

- Enrollment can be done by clicking the registration link on page 20 or by contacting our registration office. You will need to complete a registration form and submit the necessary documents.

4. Is there an age limit for participating in CitySports programs?

- Yes, each program has specific age requirements. The Development Starter Program is for ages 4-15, the Global Sports Program is for ages 7-22, the Performance Academy is for ages 10-22 and the Performance and Pathway Program is for ages 13-22.

5. Can my child participate in multiple sports?

- Yes, depending on the program, your child can participate in multiple sports. We encourage multi-sport participation, especially in the Development Starter Program.

6. Are there tryouts or skill assessments before joining a program?

- Yes, certain programs, such as the Global Sports Program, Performance Academy and Performance and Pathway Program, require tryouts or skill assessments to ensure appropriate placement based on skill level.

7. Can parents attend the training sessions?

- Yes, parents are welcome to observe training sessions, especially in the Development Starter Program. For other programs, we have designated days for parents to visit.

8. Where are the training centers located?

- CitySports operates multiple training centers. Specific locations are provided upon registration and can also be found on page 14.



FREQUENTLY ASKED QUESTIONS

9. What facilities are available at the training centers?

- Our training centers are equipped with professional-grade sports facilities, including courts, pitches and swimming pools. Some centers also offer residential facilities for programs like the Residency Academy.

10. Are meals provided during residential programs?

- Yes, for residential programs, we provide comprehensive meal plans that cater to the nutritional needs of athletes.

11. What should participants bring to the training sessions?

- Participants should bring appropriate sports gear, water bottles, and any personal items they may need. A detailed list will be provided before the start of each program.

12. What measures are in place to ensure the safety of participants?

Safety is our top priority. We have qualified coaches, medical team, center managers and security in place to ensure the well-being of all participants. Our staff is trained to handle emergencies, and all our students have a group accident insurance. We also maintain close communication with parents.

13. How much does it cost to enroll in a CitySports program?

Costs vary depending on the program. Detailed fee structures are available on page 19.

14. Are payment plans available?

- Yes, we offer flexible payment plans for some of our programs. Please contact our registration office for more details.

15. What is the refund policy if my child can no longer participate?

- Our refund policy varies by program. Please refer to the specific program's terms and conditions on page 20.

16. How can I contact CitySports for more information?

- You can contact us via our contact details on page 24. Our customer service team is available to assist you with any questions.

17. Is there a dedicated contact person for each program?

- Yes, each program has a dedicated coordinator. Contact details will be provided upon registration, or you can reach out to our main office for assistance.



OUR PROGRAMS IN SUMMARY

s/n	Program	Definition	Sports	Age Grade	Duration	2024 Dates	Time	Location
1	Development Starter	Designed to ignite a passion for sports in young students regardless of their previous training or skill level with age-appropriate training and development activities.	Athletics, Basketball, Football, Swimming, Tennis	0-20	1 Year (12 weeks termly)	7-Sep	AfterSchool & Weekends	Lagos Abuja
2	Football Academy	Designed for young athletes who show potential and dedication to excel in Football. This program focuses on advanced training to prepare participants for higher levels of competition, including potential collegiate or professional opportunities.	Football	10-22	1 Year (12 weeks termly)	7-Sep	AfterSchool & Weekends 4x weekly	Lagos
3	Basketball Academy	Designed for young athletes who show potential and dedication to excel in Basketball. This program focuses on advanced training to prepare participants for higher levels of competition, including potential collegiate or professional opportunities.	Basketball	10-20	1 Year (12 weeks termly)	7-Sep	AfterSchool & Weekends 4x weekly	Lagos
4	Recedency Academy	This offers an unparalleled opportunity to unlock the potentials of our students and lay a solid foundation for a successful sporting career. This full time, comprehensive 11 month initiative is dedicated providing pro contracts or sports scholarship opportunities to all our students.	Football	16-22	11 Months (12 weeks termly)	7-Sep	Full Time Everyday	Lagos
5	Talent TryOuts	This is a unique opportunity for young talents to showcase their skills and potentially earn a spot in our esteemed CitySports programs. Whether you're aiming for elite training in football or basketball, this is your chance to take the first step toward athletic excellence.	Basketball & Football	10-20	1-2 Days	1-Sep	Weekends	Lagos
6	Holiday Program	The is designed to provide a short, intense, and focused development experience for students through sports. This curriculum-based program aims to enhance athletic skills and overall development during holidays.	Athletics, Basketball, Football, Swimming, Tennis	0-20	10 Days	Dates in 2025	Easter, Summer, Christmas Holidays	Lagos Abuja
7	Global Sports Program	This provides our students with the unique opportunity to gain international exposure through participation in global competitive tournaments and sports tours. This is a Football tournament in Spain.	Football	8-19	4 Days	24-Nov	Fridays - Mondays	All Locations
8	Scholarship Showcase	This is specifically designed for young athletes who aspire to reach elite status in their chosen sports while getting quality education.	Athletics, Basketball, Football, Swimming, Tennis	13-22	1-2 Days	Dates in 2025	Weekends	Lagos Abuja
9	Professional Sports Club	This provides a great opportunity for our student to enrol into professional sports and compete at the highest level here in Nigeria as a start. The City Sports Football Club currently plays in the 3 Division of the Nigerian National Football League.	Football	18-25	National Football Season	By Selection only	Full Time	Lagos

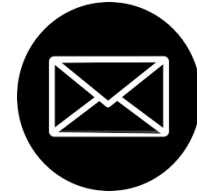


+234 8062700489

+234 8085698349



www.citysports.africa



info@citysports.africa



@citysportsafrica



@citysportstv