



CITY SPORTS AFRICA

CITYSPORTS YEAR 2025 Information Pack



Vision:

"To build a future where every child, no matter their background, location or skill level, has the opportunity to unlock their potential through sports, empowering them with the skills, confidence, and leadership to drive positive change in their communities and beyond."





LETTER FROM THE FOUNDER

[Please Click to Watch](#)





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 Mission:

To empower every child in Africa and every African child anywhere in the world through the transformative power of sports.



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

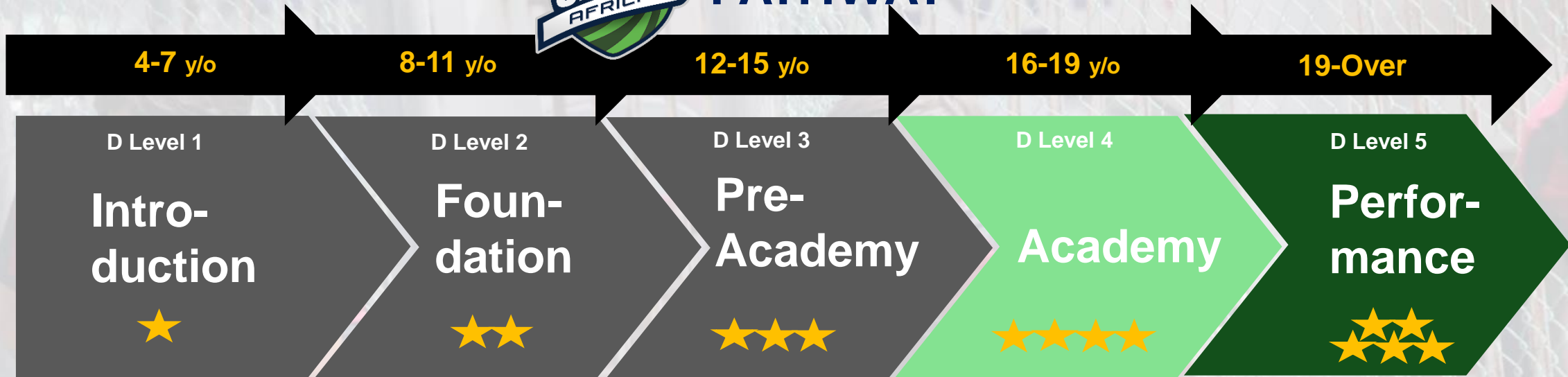
We instill six core values in our students, which is part of our curriculum.

- **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.



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

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.



LEADERSHIP COIN INITIATIVE

Leadership is a very important subset of one of the FIVE pillars of City Sports. It falls under the Mental development that helps our students become the bests in the world at their age on and off the pitch. The intention to develop leadership skills in our students gave birth to the Leadership Coin.

Six skills will be focused on and evaluated under this strategy. Every training day, coaches are financed with numerous coins to give out to as many students who meet the criteria of earning one.

At the end of the term, all students are required to come with their coins collected and the student with the highest number of coins wins the Leadership award. We're also open to have more than one winners if there be a tie.



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**

Resumes January 11, 2025



FOOTBALL ACADEMY

The CitySports Performance Academy is designed for young athletes from **10 – 22 years old**, who show potential and dedication to excel in **Football**. 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.
Resumes January 11, 2025

This program provides residential and non-residential structure.
[Click to Watch](#)



BASKETBALL ACADEMY

The CitySports Performance Academy is designed for young athletes from **10 – 22 years old**, who show potential and dedication to excel in **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.
[Resumes January 11, 2025](#)

This program provides residential and non-residential structure.



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.

Resumes January 11, 2025

Click to [Watch](#)





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.

2025 Dates:

- April 6-12 / Football Tour / FC Barcelona, Spain
- June 27 - 29 / Basketball Competition / Barcelona, Spain
- July 28 - Aug 1 / Football Competition / Hamburg, Germany
- Nov 26 - 30 / Football Competition / Salou, Spain

Click to Watch

[Basketball Barcelona 2024](#)

[Football Germany 2023](#)

[Football Spain 2023](#)

[Football London 2022](#)

[Football Zuthphen 2022](#)



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.

2025 Dates:

Easter April 13-19

Summer July 28 - August 30

Christmas December 14 - 23



CitySports tryouts offer a unique opportunity for young talents between the ages of **10 – 22 years old** to showcase their skills, learn from experienced coaches, 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. **2025 Dates are January 12, April 19 & September 6.**

Every participant can earn a spot in any of the following programs below: However, Nos 1 & 2 of the listed programs have associated fees that has to be paid.

- CitySports Performance Academy (Basketball & Football)
- Global Basketball/Football Tournament in Europe
- CitySports Football Club



TALENT TRYOUTS



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.

**2025 Dates are June 7 & 8,
October 4 & 5.**

[Please Click to Watch](#)

OUR PROGRAMS IN SUMMARY

s/n	Program	Defination	Sports	Age Grade	Duration	2025 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.	Athlectics, Basketball, Football, Swimming, Tennis	0-20	1 Year (12 weeks termly)	Jan 11 - Dec 7	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)	Jan 11 - Dec 7	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)	Jan 11 - Dec 7	AfterSchool & Weekends 4x weekly	Lagos
4	Residency 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 opportuiniies to all our students.	Football	16-22	1 Year (12 weeks termly)	Jan 11 - Dec 7	Full Time Everyday	Lagos
5	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 tounament in Spain.	Football	8-19	4-10 Days	April 6-12 / Football Tour / Barcelona, Spain June 27 - 29 / Basketball Competition / Barcelona, Spain July 28 - Aug 1 / Football Competition / Hamburg, Germany Nov 26 - 30 / Football Competition / Salou, Spain	Fridays - Mondays	All Locations
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.	Athlectics, Basketball, Football, Swimming, Tennis	0-20	10 - 28 Days	Easter April 13-19 Summer July 28 - August 30 Christmas December 14 - 23 Christmas December 18 - 20 (Community)	Easter, Summer, Christmas Holidays	Lagos Abuja
7	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	Jan 12 April 19 Sept 6	Weekends	Lagos
8	Scholarship Showcase	This is specifically designed for young athletes who aspire to reach elite status in their chosen sports while getting quality education.	Athlectiics, Basketball, Football, Swimming, Tennis	13-22	1-2 Days	June 7 & 8 Oct 4 & 5	Weekends	Lagos Abuja
9	Professional Sports Club	This is provides a great opportunity for our student to enrol into professional spaorts 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



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.

[Click to Watch](#)

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	11 Sinari Daranijo Street, VI The Stables, Surulere 11 Sinari Daranijo Street, VI 11 Sinari Daranijo Street, VI The Stables, Surulere
	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	11 Sinari Daranijo Street, VI
	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
Residency Academy	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



DEVELOPMENT PROGRAMS TRAINING SCHEDULE



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.



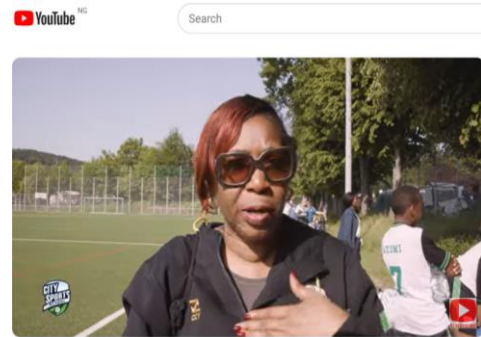
CITYSPORTS AWARDS

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](#)

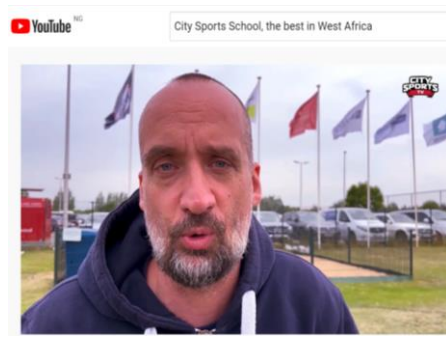
This year's CitySports Leaders Award is billed on December 7, 2024

[Watch 2024 Edition](#)

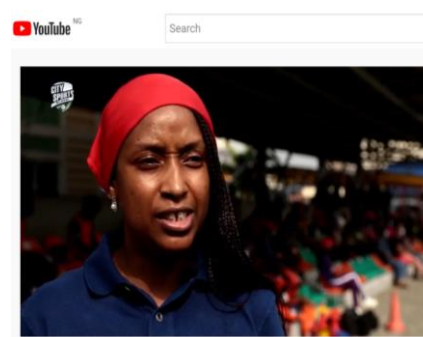




From Germany



From Netherlands



From Lagos



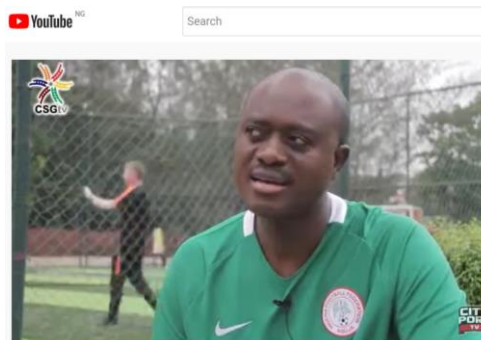
From London



From Germany



From Prep for Germany



From Abuja



From Lagos



From Barcelona

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.

Courtesy of



Development Starter	Athletics					
	Basketball					
	Football					
	Swimming					
	Tennis					



UNIFORMS

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

Performance Academy	Basketball												
	Football												
Residency Academy	Football												



CitySports Kit Manufacturer

CITYSPORTS FEES PER ANNUM 2025 Sports Year		Development Starter			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	105,000.00	105,000.00	105,000.00	330,000.00	370,000.00
	Health Assessment	x	x	x	160,000.00	160,000.00
	CSL	42,500.00	42,500.00	42,500.00	x	x
Tuition Basketball/Football	1 Session/Wk for 36 weeks (36 Sessions)	696,000.00	696,000.00	696,000.00	x	x
	2 Session/Wk for 36 weeks (72 Sessions)	1,272,000.00	1,272,000.00	1,272,000.00	x	x
	3 Session/Wk for 36 weeks (108 Sessions)	1,848,000.00	1,848,000.00	1,848,000.00	x	x
	4 Session/Wk for 36 weeks (144 Sessions)	x	x	x	1,956,000.00	x
	5 Session/Wk for 36 weeks (180 Sessions)	x	x	x	2,874,000.00	x
	Residency Half Board for 36 weeks	x	x	x	x	5,838,000.00
	Residency Full Board for 36 weeks	x	x	x	x	7,518,000.00
Tuition Athletics, Swimming, Tennis	1 Session/Wk for 36 weeks (36 Sessions)	595,200.00	595,200.00	595,200.00	x	x
	2 Session/Wk for 36 weeks (72 Sessions)	1,070,400.00	1,070,400.00	1,070,400.00	x	x
	3 Session/Wk for 36 weeks (108 Sessions)	1,403,040.00	1,403,040.00	1,403,040.00	x	x
	4 Session/Wk for 36 weeks (144 Sessions)	x	x	x	1,956,000.00	x

Enjoy 10% Discount if you pay once

Enjoy 5% Discount if you pay in 2 Installments (70/30)

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



WHAT'S INCLUDED

- Curriculum based Sports Development training
- Individual Development Plan
- Up to 45 Weeks of training in 2025
- Personal Leadership Development Program: **Discipline, Integrity, Excellence, Teamwork, Perseverance & Courage.**
- Competitive CSL Fixtures across all sports
- Robust Leader Development Program
- 2025 Global Sports Program – Spain, England, Germany
- Access to regularly updated Player Stats
- Exclusive City Sports Africa kit
- Annual Comprehensive Performance Evaluation Report
- Discounts to holiday Football camps
- Pro Sports Contract opportunities
- Sports Scholarship Opportunities to foreign schools
- Certificates & Medals for Completing the Sports Year Program
- CitySports Leadership Awards Night Participation





REGISTRATION

STEP 1:

Click on the [Registration Form](#)

to register. Ensure you have read the [Terms & Conditions](#)

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, MEDICS & HANDLERS



+234 8062700489

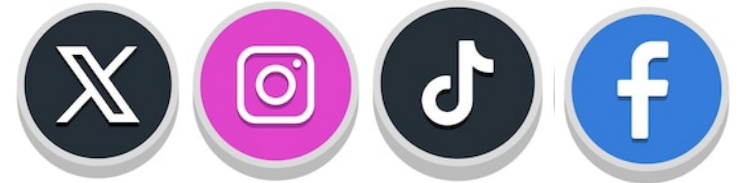
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