

2023

Sports Development Information Pack

Athletics | Basketball | Football | Swimming | Tennis



OUR VALUE PROPOSITION

At City Sports School, we pride ourselves in creating the best and conducive environment for the development of young students within the ages of **0 - 20 years old**.

Our Development programs are based on expertly designed curriculums that take students on a journey, promoting passion and love for sports while developing them with skills and positive experiences which ensure they are very well-rounded to have a career in sports.

Our Focus Sports includes Athletics, Basketball, Football, Swimming and Tennis.

Our core values of Discipline, Integrity, Excellence, Teamwork, Perseverance and Courage are also taught to the students to help shape their progression into young adults, giving them skills that can be used throughout their lives and indeed become the pride of our city.

Our coaches are highly trained in helping young people develop their God given talents and skills as students, either professionally, semi-professionally or for leisure. They are also qualified to teach personal leadership skills through sport-based activities and scenarios



Who We Are Video - Please [Click](#) to watch



OUR PROGRAMS

- 1. Development Starter Program:** This is a foundational program that focuses on building an early sports dream in young students with or without a previous sports training and regardless of their skill level. Children ranging from **ages 4- 20** years can be a part of this program. Kindly click on the link to [Learn more about this](#)
- 2. Sports Inclusion Program:** This program is tailored to help children with special needs through sports to live an inclusive life as well as healing process. Children ranging from **ages 6+** can be a part of this program. Kindly click on the link to [Learn more about this](#)
- 3. Holiday Program:** This program focuses on developing students using sports and it is either residential and non-residential. Residential program includes providing training, boarding facilities and feeding for all athletes during the period while the non-residential requires all athletes to come daily to our training facilities for practice. Children ranging from **ages 4-20 years** can be part of this program. Kindly click on the link to [Learn more about this](#)
- 4. Global Sports Program:** This program focuses on providing a global sports experience through tournaments and tours to all athletes as well as broaden their sports view and develop their adaptive skills. Children ranging from **ages 6-20 years** can be a part of this program. Parents / Guardians can accompany their child/ward on the tour or competition. Kindly click on the link to [Learn more about this](#)
- 5. Performance and Pathway Program:** This program is a long-term athlete development plan for athletes who want to achieve elite status in sports. This can be combined with academics. Children ranging from **ages 16-20 years** can be a part of this program. Kindly click on the link to [Learn more about this](#)
- 6. Residency Program:** This is an implementation plan tailored to accommodate, develop and expose players to receive the excellence of well structured methodology, who are looking to take the next step in their growth towards pathways of playing professionally or attending top university programs. Children ranging from **ages 16-22 years** can be a part of this program. Kindly click on the link to [Learn more about this](#)



OUR ATHLETICS DEVELOPMENT PROGRAM

The sport of athletics encourages athletes of all abilities and ages to compete at their optimum level. Through the track and field-based athletics training program, participants can develop total fitness to compete in any sport.

Our Athletics Development program is structured across different levels of development, from Foundation, Introduction and to Academy Levels built on expertly designed curriculums, which take Athletes on a journey, promoting passion and love for the sport as they grow and improve, with skills and positive experiences.



OUR BASKETBALL DEVELOPMENT PROGRAM

We are recognized around the country as arguably the most experienced sports school with regards to sports development for youths.

Our Basketball Development program is structured across different levels of development built on expertly designed curriculums, which take our students on a journey, promoting passion and love for the game as they grow and improve, with skills and positive experiences.

In addition, our team of qualified and highly trained coaches take our Athletes in Life Skill sessions using basketball-based activities. Topics and lessons are drawn from our core values of Discipline, Integrity, Excellence, Teamwork, Perseverance and Courage.

Basketball Video - Please [Click](#) to watch





OUR FOOTBALL DEVELOPMENT PROGRAM

Our Football Development program designed for everyone between the ages of **4 and 20 years**. It is structured across different levels of development, from Introduction to Foundation and to Pre-Academy.

Our Girls Development program is for girls between **12 and 15 years old**. It focusses on intensive training drills as it prepares players for up to semi professional football. The players are required to put in 5-7 hours of football per week and it exposes them to 3 competitive matches every month.

We are currently in 13 centers in 3 states across Nigeria (Lagos, Abuja and Kano).

Football Video - Please [Click](#) to watch



OUR SWIMMING DEVELOPMENT PROGRAM

The Swimming Development Curriculum consists of levels of development that focus on Physical, Tactical, Mental, Adaptive and Technical development:

Each level takes the student through progressive development techniques based on their **mastery of swimming skills as opposed to their age, grade in school or physical attributes.**

This mastery of skills approach allows the player to develop physical literacy, movement literacy, learn swimming vocabulary and acquire the Skill Development needed to optimize their swimming potential.

Swimming Video - Please [Click](#) to watch





OUR TENNIS DEVELOPMENT PROGRAM



Our Tennis Development program is designed for everyone between the ages of **5 and 20 years**. It is structured across different levels of development, from Introduction to Foundation and to Pre-Academy.

Our Tennis Development program is structured initiative aimed at nurturing young tennis players' skills and potential.

Our focus is developing technical proficiency, tactical understanding, physical fitness, mental resilience, and sportsmanship.

The players are required to put in **2-4 hours** of tennis per week.





Sports Development Pathway



1. Training Hours = 276

- Termly = 216 hrs
- Holiday Camps = 60 hrs
- Global Programs = 0 hrs

2. 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. 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. 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. 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

The City Sports School FIVE Pillars of Sports Development

Physical

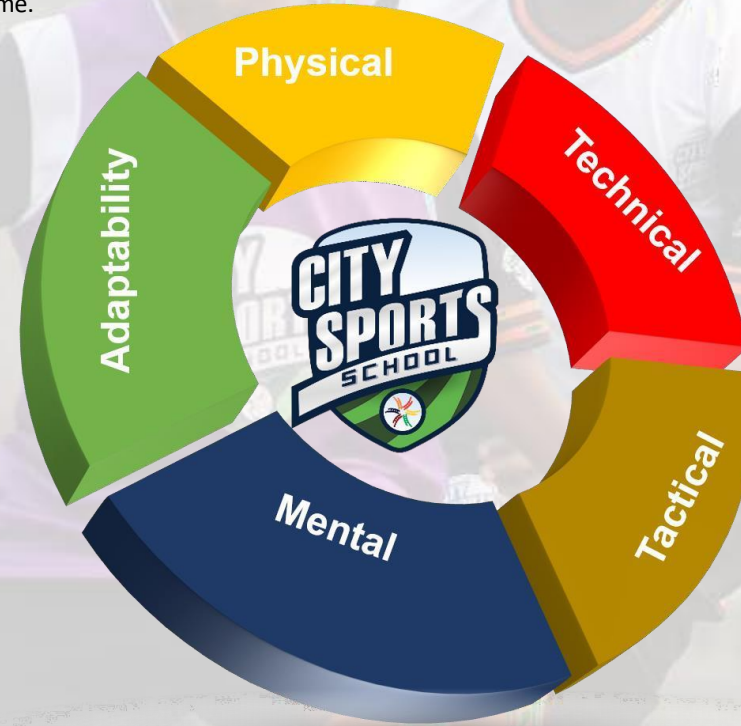
In the journey of development, our curriculum focuses on building and enhancing motor skills such as endurance, speed, power, agility, among others. These are some of the areas we will develop players to prepare them for the intensity of the game.

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.

THE CITY SPORTS SCHOOL APP

PoweredByCAPACITY®

TECHNOLOGY AND TALENT WORKING TOGETHER THROUGH OUR SPORTS DEVELOPMENT APP

ALL City Sports School students through the App can now:

- Track your Sports Performance so you will understand your strengths & weaknesses
- Get sports drills from the City Sports School Sports Development Curriculum
- Assign yourself to a development coach for monitoring
- Create a Development Plan for yourself and track your performance
- Students can set up development programs that will help them build stamina, strength, agility, and flexibility, everything required to improve overall performance.
- Access multi-level communication through the Chat Room in a secure environment
 - - between Members, privately and in group
 - - between Coaches and students remotely
 - - between Parents and Coaches
 - - public information to everyone
- Access up to date practice, match schedules and special programs
- Access Live scores and CSL League updates
- Upload sports Photos & Videos on the pages
- Create and Updated records of their sports stories, memories, performances and program
- Access personal player profile
- Online Store to purchase CSS Kits
- Progress Report – Custom sports development progress report for each student in the system
- Access to a productive and vibrant sport community, CAPACITY®



GET IT ON
Google Play



Available on the
App Store

Available on Google Play Store. [DOWNLOAD](#)

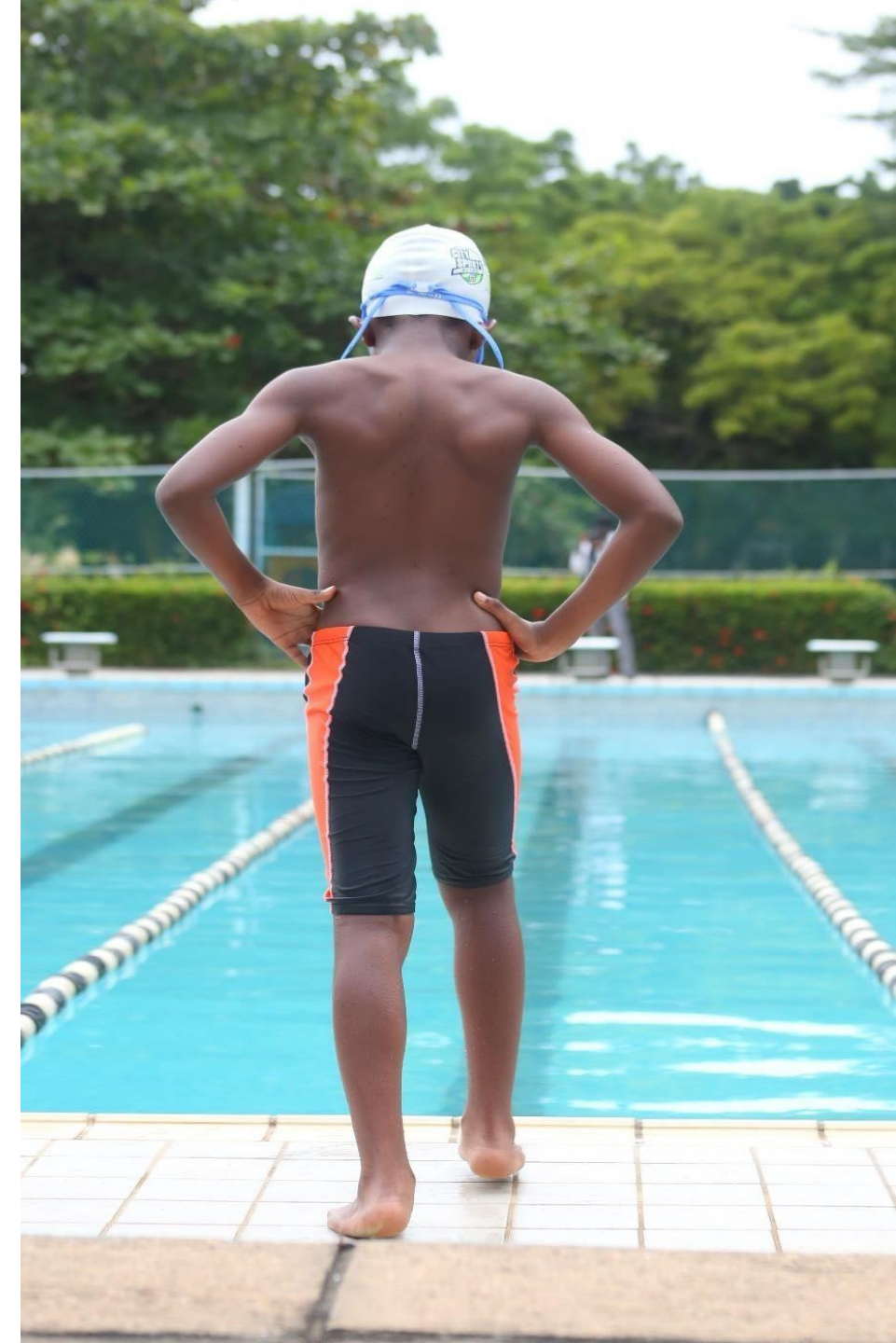
WHAT'S INCLUDED

- Curriculum based Sports Development training
- Individual Development Plan
- Up to 40 Weeks of training in 2023
- Personal Leadership Development Program: Discipline, Integrity, Excellence, **Teamwork, Perseverance & Courage.**
- Competitive CSL Fixtures across all sports
- Global Sports Tours – Europe, London, Dubai etc
- Access to regularly updated Player Stats
- Exclusive City Sports School kit
- Termly Performance Evaluation Report
- Discounts to holiday Football camps
- Certificates & Medals for Completing the Course
- Sports Leadership Award Night



2023 CITY SPORTS YEAR - **SECOND HALF**

DATES	ACTIVITIES
Saturday, July 15	End of Term Competition / Second Term Ends
July 31 - August 12	Summer Multi-Sports Camp – Victoria Island
August 14 - August 26	Residency Football Camp - Lagos
September 8	Sports Parents Forum (Virtual)
September 9	Third Term Begins
September 9	Tennis Development Program Begins (New)
September 11	City Sports Residency Academy Begins (New)
September 30 – November 18	City Sports League Season 3
November 4 – 5	Global Sports Competition – Swimming - Dubai
November 26 – 29	Global Sports Competition - Football - Spain
October 30 – November 10	Players Feedback Sessions
November 25	End of Term Competition / Third Term Ends
December 2	City Sports Awards Night 2023





	Development Level	Age Group	Lekki 1(IT)	Lekki 1(UB)	Ikoyi (YMCA)	VI (MD)	Surulere (ST)	VGC (HP)
			283 Sikiru Alade Oloko Cres, Lekki Phase I	Upbeat Center 11 Admiralty Rd	Ymca of Lagos, Ikoyi	MBHS Sinari Daranijo, Off Ajose Adeogun Str	The Stable, Bode Thomas Street	Holden Park School, Holden Park Street, Harris Dr, Lagos
Athletics (Running)	All Levels	4-15 y/o				Wed 4-6pm Sat 10-12pm		
Basketball	Introduction/ Foundation Levels	4-11 y/o		Wed 4-6pm Sat 7-8.30am	Sat 11am- 12pm			
	Pre-Academy/ Academy Levels	12-19 y/o		Wed 4-6pm Sat 8.30-10am	Sat 11am-12pm			
Football	Introduction Level	4-7 y/o				Wed 4-6pm Fri 4-6pm Sat 7-9am	Thurs 4-6pm Sat 10am-12pm	Wed 3:30-4:30pm Thur
	Foundation Level I	8-9 y/o				Wed 4-6pm Fri 4-6pm Sat 9-11am	Thurs 4-6pm Sat 10-12pm	
	Foundation Level II	10-11 y/o				Wed 4-6pm Fri 4-6pm Sat 9-11am	Thurs 4-6pm Sat 10-12pm	
	Pre-Academy Level	12-15 y/o				Wed 4-6pm Fri 4-6pm Sat 9-11am	Thurs 4-6pm Sat 10-12pm	
	Academy Level	16-19 y/o				Wed 4-6pm Fri 4-6pm Sat 9-11am Sun 4-6pm(Game)	Thurs 5-7pm Sat 12-2pm Sun 4-6pm(Game)	
Swimming	Active Start	0-3 y/o	Tues 4-5pm Sat 11:30-12pm				Sat 8-9am	Sat 2:30-3pm
	Introduction/ Foundation Levels	4-11y/o	Tues 4-5pm Sat 12-12:45pm				Sat 8-9am	Sat 3-3:45pm
	Pre-Academy/ Academy Levels	12-19y/o	Tues 5-6pm Sat 12:45 -1:30pm					Sat 3:45-4:30pm
Tennis	All Levels	4-15y/o	Tues 4-6pm Sat 10am-12pm				Sat 8-10am	



THE CITY SPORTS LEAGUE

The City Sports League (CSL) is an in-house sports competition in Basketball, Football & Swimming as a developmental tool for all its students in the **U7, U9, U11 & U15** categories.

Seasons:

Season 1: February 4 – March 25

Season 2: May 21 – July 9

Season 3: September 30 – November 18

Venues:

Athletics: Ajah, Victoria Island

Basketball: Lekki 1, Ikoyi

Football: Ajah, Surulere, Victoria Island

Swimming: Ajah, Lekki 1, Surulere

Tennis: Lekki 1, Surulere





GLOBAL SPORTS PROGRAM

We are the pioneers in organizing sports camps and tours.

2023 – we have 4 trips planned this year. These trips are to develop the **Adaptive Skills** of all our students.

Our sports camps happen every holidays both locally and abroad in 4 sports. Athletics, Basketball, Football and Swimming.

Some of our past trips include: 2012 **Portugal**

Competition

2018 Manchester, **Manchester City**

2019 Burnley, **Burnley FC**

2022 London, **West Ham United**

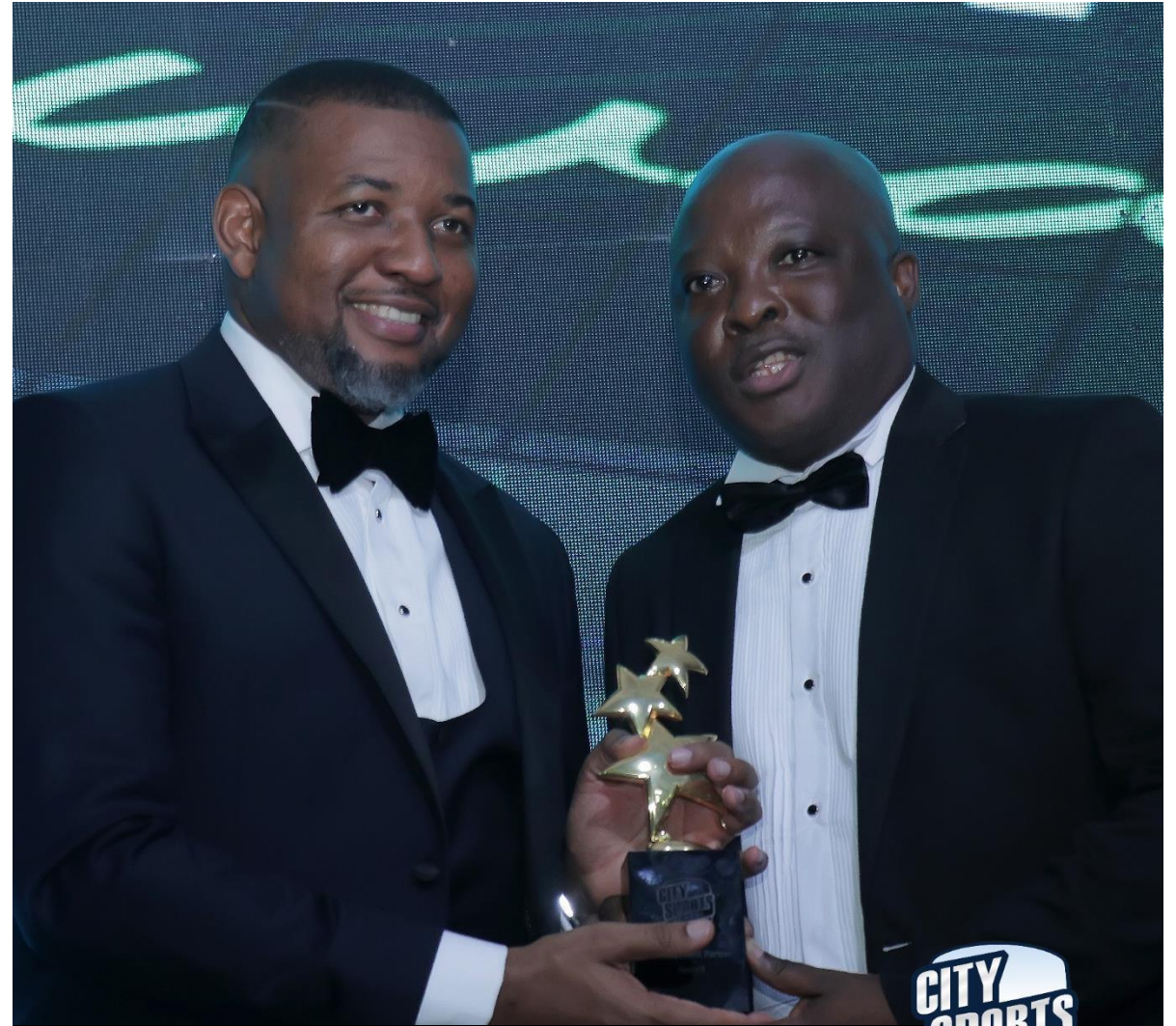
2022 The Netherlands **Competition**

2023 Stuttgart, Germany, **Football Tournament**

2023 Barcelona, Spain, **Basketball Competition**

Please contact us on campsandclinics@citysportsschool.com to get the 2023 Sports Camp calendar





Sports & Leadership Awards Night (Dec 2)
A day set aside every year to recognize all our champions – the City Sports School Students





Video Clips

The City Sports TV is our YouTube channel where we archive our numerous clips. Clips such as the CSL Game Highlights, Parents Feedback videos, our community projects and profile of our students.

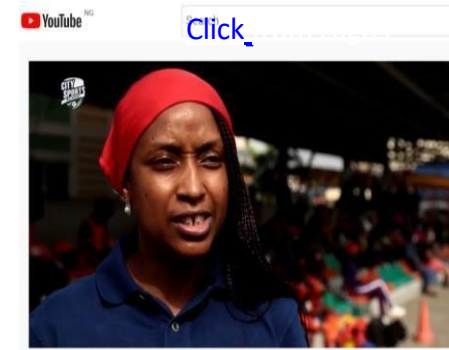
Please click to subscribe to the [City Sports TV](#) now.



Please [Click](#) From Abuja



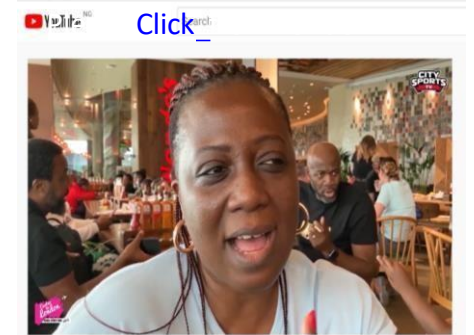
A video from Our Abuja center



Please [Click](#) from the Netherlands



Parents Feedback Mini World Cup 2022



Please [Click](#) from Lagos



[Scholarship Scheme Highlights](#)





MEET OUR COACHES

Our team of highly trained coaches are on the frontlines to deliver quality coaching sessions geared towards helping young people develop their God given talents and skills.

Every City Sports School coach is qualified and certified by global bodies that regulate international sports, to stay up to date with rules and regulations.

They also undergo inhouse and international trainings frequently as part of our commitment to increase the knowledge base and skill set of everyone on the team.



MEET OUR MEDICS TEAM

Our team of highly trained paramedics are on the frontlines to deliver quality and on time medical attention.



FEES

1. Registration Fee **₦30,000**

This is a one-time fee per student and regardless on the number of sports.

2. Kits

Depending on the sport, every student will need to procure the appropriate kit. This is also a one-time payment per student per sport.

Athletics: **₦66,806.68**

Basketball: **₦69,418.125**

Football: **₦85,946.25**

Swimming: **₦69,418.125**

Tennis: **₦69,418.125**

3. Termly Fee/Tuition: **Starting from ₦124,000**

This range is depending on the sport and frequency. It is for every student on this program. Please fill the registration on next page and select your preferred product.

4. City Sports League (CSL) Participation Fee:

This allows students to participate in the CSL and it covers for venue preparation, transport to and from game venue, where applicable, media coverage and league administration etc. Please see CSL Fees/sport/level:

Basketball & Swimming: **₦15,525**

Football: (U7, U9 = **₦15,525**) (U11 = **₦37,375**) (U13, U15 = **₦52,325**)



HOW TO REGISTER

To register, please click the link [Registration Form](#) to register, then we will contact you for the next steps.

<p>Athletics Kits N66,806.68</p>	
<p>Basketball Kits N69,418.125</p>	
<p>Football Kits N85,946.25</p>	
<p>Swimming Kits N69,418.125</p>	
<p>Tennis kits N69,418.125</p>	





QUESTIONS?

08062700489, 09047940427, 08039603098;

www.citysportsschool.com

info@citysportsschool.com