

OUR PHILOSOPHY

Soccercise Starz will develop and constantly strive to maintain a high level of service excellence and coaching programs to all our Soccercise Starz schools and players. We ensure that our coaches are constantly trained with new techniques and sent on advanced gross motor skill programs in order to develop our players efficiently.

ABOUT US

Soccercise Starz provides an early training platform for children aged 2-8 years old where they will learn various skills, not only in soccer, but other sports that involves playing with a ball.

Our trained coaches will provide skills needed for children to become more confident on the sports field.

Each session will be 30 minutes per week, ensuring we keep their attention span active.

These sessions will be held **at your child's school**, and will be on the same day and time throughout the year. Lessons will not be refunded or made up if your child is absent or in the event of bad weather conditions.

Soccer boots are not necessary. We ask players to wear takkies and their Soccercise Starz T-shirt to our sessions. (A Soccercise Starz T-shirt will be included in the registration fee.)



STUDIES SHOW

- 🌍 Children have less access to large gardens and open spaces to run and play.
- 📺 Children are at risk of spending too much time in front of the television, computer and playing hand held games.
- 🚰 Security risks limit children from going outside and playing sports.

STARZKY'S PARTIES

In addition to soccer lessons, we now offer soccer parties and hiring of jumping castles. Our energetic coaches will entertain your children at a venue of your choice.

Contact our head office for a quotation and to find out more!



ADVANCED TRAINING

Euro Soccer Schools



ESS provides an advanced soccer training platform where emphasis is on fundamental skills needed to develop players efficiently.

For players 6-16 years

To find a venue near you, contact:

JHB Head Office
Tel: (011) - 882 3428

www.eurosoccerschools.co.za

SOCCERCISE

Starz



WHERE YOU BECOME
A SOCCER STAR

BOYS & GIRLS 2-8 YEARS OLD

A division of

REGISTRATION FORM

SCHOOL: _____

CHILD'S DETAILS:

Name: _____

Surname: _____

Date of birth: _____

Age: _____ Gender: _____

Allergies: _____

T-shirt size: 2-3 4-5 5-6 7-8 9-10

PAYMENT OPTIONS:

10 x Monthly payments

3 x Termly payments

4 x Termly payments

1 x Annual Payment

PARENT/ GAURDIANS DETAILS:

Mothers full name: _____

Tel Work: _____

Cell No: _____

Email Address: (PRINT IN CAPITAL LETTERS)

Fathers full name: _____

Cell No: _____

Email Address: (PRINT IN CAPITAL LETTERS)

INDEMNITY FORM:

I, _____ the undersigned, Parent/Legal Guardian of _____, do hereby acknowledge that I shall have no claim whatsoever against Mc Sportz, Soccercise Starz staff, managers or any other staff member associated with the company, which may arise as a result of injuries, damage or any loss of personal items whilst participating in the sessions held at the above school or any other organized event.

I allow Soccercise Starz to take photographs of my child which may be used on social media - Yes / No _____

Parent/Legal Guardian Signature: _____

Date: _____

BASIC SOCCER SKILLS

Children between the age of 2-8 years will be taught:

- Eye co-ordination
- Kicking a soccer ball
- Turning
- Shooting
- Headering
- Throwing, passing and ball control
- Balancing a ball on his/ her foot
- Movement - Running forward/ backwards, sideways and juggling



The following skill set will aid the development of body awareness and control, visual perceptions, motor skills and spatial awareness.

EXTRA-MURAL ACTIVITY AND MOVEMENT HELPS DEVELOP

- Reading and writing
- Improved concentration
- Eye strength
- Ability to follow instructions
- Muscle memory and muscle tone
- Social interaction with peers

LIFE SKILLS

Participating in Soccercise Starz lessons will improve your child's:

- Listening skills
- Balance
- Co-ordination
- Gross motor skills
- Muscle development
- Confidence
- Teamwork and sportsmanship
- Health and fitness
- Good manners



FEE STRUCTURE

An annual registration fee is payable on joining each year. This covers the admin fee, a **Soccercise Starz** T-shirt as well as a certificate and medal for your child's prize giving ceremony at the end of the year.

Please complete the attached form and send it back to your child's school with payment.

When making payments, please use your **child's name and surname as a reference**. Fees are payable in advance by the 7th of each month/ term. **One month's paid notice in writing** is required to cancel the **Soccercise Starz** lessons.

PRIZE GIVING

An open class will be held once a year whereby the players will show the parents what they have learnt, followed by a presentation of their certificates of attendance and medals. Parents are encouraged to attend.



WHERE TO FIND US

JHB Head Office

Tel: (011) 882 - 3428

Fax: 086 619 8239

Email: info@soccercise.co.za

Web: www.soccercise.co.za



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