

After school Sports Programs
Free Demo Classes

Promote Health & Fitness
Promote Teamwork & Character Building



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About Metropolitan Sports Academy

- Metropolitan Sports Academy is an afterschool sports enrichment program designed to teach kids the benefits of exercise, teamwork, and character building.
- The parent company of Metropolitan Sports Academy is Metropolitan Soccer Academy (MSA) is part of a group of soccer organizations that provides year round services to youth soccer players in Northern New Jersey for the past 15 years.
- MSA offers multiple sports: soccer, baseball, football, basketball, deck hockey, cheerleading, dancing and many more.
- Programs generally run 8 weeks (fall, winter, and spring sessions) at your school. MSA Staff will provide all equipment necessary for each program. Our staff will handle all registrations for the programs.
- Fully insured.
- Fundraising: We will provide a portion of the proceeds back to your school.



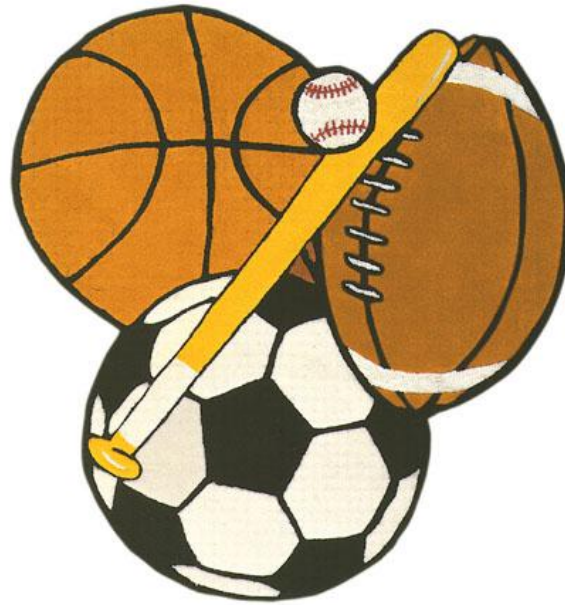
Benefits of Sports

- According to the President's Council on Physical Fitness and Sports, children need 60 minutes of exercise each day
- Children who join sports teams exercise while improving their physical, psychological and social well-being.
- The American Academy of Child and Adolescent Psychiatry reports that behavior learned in childhood influences future adult behavior---youth involvement in sports instills healthy habits and behaviors in children.
- Develop social skills
- Build self esteem and positive behaviors
- Healthy body
- Goal setting
- Develops discipline
- Learn about winning and losing
- Develops teamwork
- Develop and builds motor skills
- IT'S FUN!



How To Get Started

- Initiate meeting: MSA will provide an overview of our organization and about which programs we can offer your school.
- Free demo: Our staff will come to your school and provide a demo for your students to show them the programs being offered. This would preferably happen during lunch periods.
- Finalize dates, times and programs.
- Send flyers out within the school approximately 6 weeks prior to the start.
- Send follow up flyer approximately 2 weeks prior to the start.
- Course begins!!



About Our Organizations in North Jersey

- Metropolitan Soccer Academy
 - Provides team training for recreation and travel teams
 - Private and small group lessons
 - Rec clinics and camps
 - Specialized camps: Striker, Skills, Goalkeeper
 - Kiddie Kicks: introductory to soccer for ages 3-5
 - Team and town camps
- Metropolitan Sports Academy
 - After schools sports enrichment company
 - Promotes health and fitness
 - Offers multiple sports classes at your school
 - Fundraising for your school
- North Jersey Youth Soccer League
 - Recreation and Travel outdoor soccer leagues
 - Summer tournaments and leagues
 - Winter indoor leagues
 - 3v3 Tournaments
- PASCO Soccer Club
 - Non profit youth soccer organization providing travel soccer teams to North Jersey for over 15 years.
 - Camps and clinics

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