



# ESCA WANDERERS FOOTBALL ACADEMY

Developing the Talent of Africa



Operated by TSFA and JVW



# WELCOME TO THE ESCA FOOTBALL ACADEMY

Welcome to the Elite Sporting and Culture Academy (ESCA). We are proud to collaborate with The Stevens Football Academy (TSFA) and the Janine van Wyk Football Club (JvW) to provide a structured pathway designed to meet the needs of student athletes. Using the latest coaching philosophies and technologies, we offer student athletes an individualised education that is tailored to effectively partner with the elite high performance football programme. This approach empowers our talented athletes to balance their academic and sporting demands with the collective goal of a successful sporting career.



**ERNST ACKERMANN:**  
CHIEF OPERATIONS OFFICER

## ESCA'S TALENT DEVELOPMENT SYSTEM

ESCA's unique Talent Development System comprises four pillars, each contributing to the holistic development of our student athletes and cultural performers.



### Academic

Students are supported to attain, maintain, and retain a healthy work ethic towards their studies, while balancing their passions and other demands. As with any committed activity, time, patience, and perseverance are essential to achieving in all areas.



### Co-curricular

ESCA collaborates with high performing, committed sports and cultural specific academies and industry specialists to offer our students quality technical and tactical training, and access to world-class facilities, networks and support.



### Athlete Wellness

Physical conditioning, recovery and maintenance, together with mental strength and sustainability, are core ingredients needed for the holistic growth and development of a student athlete. ESCA students will have access to an array of wellness experts and services, building athletes who can navigate the complexities and demands that come with excellence.



### Tertiary

Having the right skills, knowledge and resources is vital to making the best decisions for your education and career after school. ESCA supports its students by developing these skills, and by providing access to a network of opportunities available both locally and abroad.



# ABOUT THE ESCA FOOTBALL ACADEMY



Our philosophy begins with truly understanding the individual student athlete. This way we are able to identify and build on their strengths, holistically develop their unique, natural attributes and abilities, while continually working on their weaknesses.

The ESCA Wanderers Football Academy focuses on student athlete development, tactical and technical training, football theory, mental and physical health, life skills and more. Training takes place during the academic day. Each student's bespoke academic timetable allows for a total of six hours of football training.

With this careful support and structure, our student athletes are able to maximise on training time, complete all school work and homework and even attend traditional school events with evenings dedicated to training.

At the ESCA Wanderers Football Academy, we commit to:

- Managing, guiding and exposing the individual to the correct physical, technical, and mental challenges in varied environments.
- Continuously monitoring each individual's progress and communicating feedback timeously to avoid regression.
- Identifying opportunities to encourage and boost the individual's confidence to stimulate enjoyment and growth.
- Ensuring each individual is well-equipped for the next step in their sporting career, from transitions to a local outfit, to an international training camp and trial, or even college bursary applications.



# MEET OUR COACHING TEAM



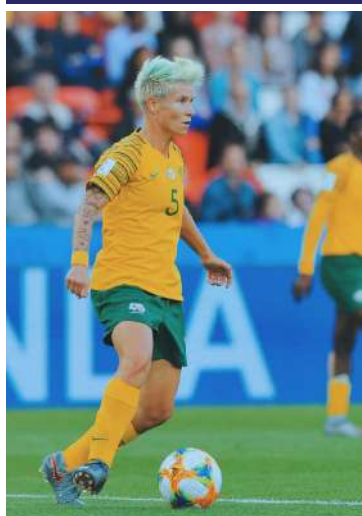
## MITCH STEVENS

Seasoned, qualified, tried, and tested, Mitch is a fully accredited CAF B coach with over 25 years of football coaching experience. During the course of his career, Mitch has brought his passion and love of the game to the benefit of his students and players, and has had the privilege of working with many football professionals, including Muhsin Ertuğral, Clive Barker, Steve Barker, as well as the late and great Eddie Lewis.

Mitch specialises in creating personalised training programmes and providing tools to guide football players towards achieving their personal and professional goals. The essence of Mitch's work focuses on facilitating holistic self-growth by helping individuals identify their core challenges and obstacles, in order to overcome them confidently both on and off the field.

## PERRY STEVENS

Perry has been serving as the technical and conditioning coach at The Stevens Football Academy (TSFA) since its inception in 2018. Perry obtained his CAF (Confederation of African Football, formerly known as the South African Football Association or SAFA) coaching certification in 2020 and has been the owner of Stopwatch Personal Training for the past 10 years. Perry specialises in youth football development and football movement. Perry emphasises the importance of approaching coaching and fitness in a patient, methodical and professional manner.



## JANINE VAN WYK

Janine van Wyk is the current captain of the South African women's national football team, Banyana Banyana, and holds the most appearances for the country in both the male and female divisions. Making her debut for South Africa in 2005 and appointed captain of Banyana Banyana in 2013, Janine became the first captain in history to lead South Africa at a FIFA Women's World Cup. Janine is a hard tackling defender, who leads with her boisterous instructions on the field, and has fans shouting her nickname after every touch of the ball. Janine is a true leader both on and off the field. From playing to coaching, she brings with her a wealth of invaluable experience in the women's game, and continues to inspire young girls to reach their dreams.



# THE ACADEMIC PROGRAMME

Lisa Pienaar joined Team ESCA in January 2021 as Head of Academics. In her 28 years in education, Lisa's personal philosophy has been to nurture each individual child to reach their full potential. She believes human beings are so much better when they are honest and authentic, and she believes that living ESCA's values of Empathy, Solidarity, Courage and Accountability helps each person who enters this school to become better citizens of South Africa, and the world. Lisa believes that children show up best for learning when they are seen and heard, and as the ESCA Principal, she encourages her teachers to make meaningful connections with each other and with their students.



Education at ESCA continuously assesses and monitors student performance, while ensuring that learning competencies progress so that they are on track to succeed in all areas of their development. Our team of qualified teachers and experts work together to facilitate a constructive environment which supports tenacity, encourages confidence, and a healthy, balanced work ethic. Building futures at ESCA informs our selection of the international curricula and methodologies which comprise our offering:

## Cambridge International

ESCA is an accredited Cambridge International School. The Cambridge international curriculum sets a global standard for education, and is recognised by universities and employers worldwide. Our curriculum is flexible, challenging and inspiring, culturally sensitive yet international in approach. Cambridge students develop an informed curiosity and a lasting passion for learning. They also gain the essential skills they need for success at university, and in their future careers.

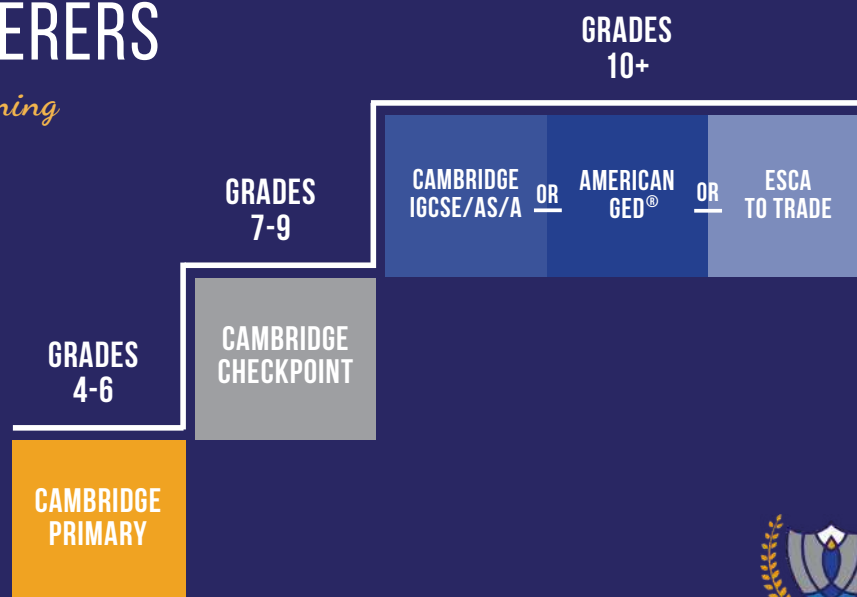
## GED®

The American GED®, available to students once they complete Grade 9, is widely considered the closest foreign equivalent to the South African National Senior Certificate. It allows students to apply for further education both locally and abroad upon completion. The GED® is tailored to each student's knowledge level and learning pace, with personalised lesson plans which accelerate learning. The GED® curriculum is skill-based, ensuring that students apply the skills that they have learned practically.



# ESCA WANDERERS

*The Ladder of Learning*



## GOOGLE CLASSROOM

The integration and daily use of technology is a necessary skill which students need to master to function at all levels of our constantly developing society. As a proud Google school, Google Workspace handles all virtual components of curriculum delivery at ESCA. The Google Classroom is a live interactive environment which supports and augments the student's campus experience, serving as a record of curriculum progress, and a resource to support learning.

## INDEPENDENT STUDIES

Accountability is one of ESCA's core values. We teach our students to be responsible for their learning within the flexible bounds of the ESCA learning ecosystem. The academic day at ESCA includes independent study sessions that afford students the latitude to focus on necessary schoolwork at school (limiting the amount of time spent on school work after school hours). Achieving requires effort, and students must apply themselves to reap the benefits of that commitment. During these sessions, students can plan, prioritize, and problem-solve their academic workload, content, and homework, while at school with access to their teachers and under the supervision of their mentor.



# ATHLETE WELLNESS

The ESCA Mentorship Programme is designed to allow high-performance students to excel in all areas of their life while learning skills that will benefit them in their future endeavours. ESCA student athletes are paired with a mentor who has competed in sport at the highest level, one who understands what it takes to pursue one's dreams as a competitive athlete. Nicole Gillis heads up ESCA's Mentorship Programme. With a Master's degree in Sport Psychology and Motor Behavior from the University of Tennessee (USA), Nicole has worked in high-performance settings both in the United States and in South Africa. She completed her undergraduate degree (Bachelor of Science – Kinesiology) at the University of Arkansas (USA) whilst also being a student athlete on the University of Arkansas' Swimming and Diving Team. For eight years, she was a member of the South African National Diving Team.



**NICOLE GILLIS:**  
**HEAD OF ATHLETE WELLNESS**

The role of the mentor is to support high-performance students during weekly meetings, to guide them in developing the skills needed to be prepared for the demands and stresses that face at school, and during training or competing. We acknowledge that being a high-performance student comes with certain challenges that our mentors are well equipped to give guidance and direction on. This includes ensuring our students get the necessary support from, and access to, various professionals including biokineticists, chiropractors, nutritionists, and mental performance coaching, where necessary.





# THE FUTURE-FIT PROGRAMME

ESCA has developed a unique programme which teaches our student athletes the practical and theoretical skills required in personal, sport and business spheres. The ESCA Future-Fit programme directs and supports our student athletes in developing essential personal mastery tools.

Producing competent and capable professionals who embody ESCA's values by exercising Empathy, operating in Solidarity, displaying Courage, and taking Accountability, requires a programme that includes:

 Living an active and healthy lifestyle	 Brand and image	 Personal and professional portfolio building
 Athlete career pathway guidance	 Basic personal finance skills	 Time management skills
 Personal planning and goal setting	 Growth mindset and mindfulness	 Study and academic skills







## THIS IS THE PROGRAMME FOR YOU IF:

- You're an elite athlete focused on becoming a top tier football player.
- You're a football player who requires a specialised high performance programme.
- You're an athlete who requires an uncompromised tailor-made academic programme that takes sporting requirements and commitments into account.
- You're an athlete looking to maximise exposure both locally and internationally.

## THE VALUES THAT GUIDE US

# E

### Empathy:

To share someone else's feelings or experiences by understanding what it would be like to be in that person's situation.

# S

### Solidarity:

Unity of an aligned collective that produces or is based on a community of interests, objectives, and standards.

# C

### Courage:

The quality shown by someone who takes the challenge or faces something difficult, even though they may be afraid.

# A

### Accountability:

The obligation to account for activities, accepting responsibility for them, and to disclose the results in a transparent way.



# COME VISIT US TO FIND OUT MORE!

Developing the Talent of Africa

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