



**Go-Pro Sports
Football Academy
for Boys & Girls
in Dubai, UAE**

Gazette

Breaking News | Upcoming Dates | Features | Events & More

GET CLOSER TO YOUR ACADEMY!

ISSUE ONE - MAY 2022

welcome

directors intro...

It has certainly been a busy start to 2022 and I personally could not be happier. Whilst we all monitor the situation closely, the lifting of Covid restrictions in the UAE has meant we can all focus on the new normal and getting back to our lives and for Go-Pro that means all things football!

After a delayed start to the year due to Covid Go-Pro launched into 2022 with returning and new players joining our ranks whilst the Go-Pro Girls Academy goes from strength to strength. We have been delighted to announce that several of our players have gained pro football scholarships in 2022, making our total number of players to date - 25!

As we move through the spring months we have upcoming fixtures in both the YFL and Evolution League, both of which have provided some superb competition throughout this season. We look forward to finishing the year with our end of seasons awards event- more details coming soon and then look beyond, to a busy summer with 5 international trips for our players to look forward to.

As always the entire Go-Pro team are on hand to assist with both players and parents enquiries so please do not hesitate to get in touch with us.

Kirk Hilton - Go-Pro Director & Ex Man Utd Pro



www.go-prosports.com

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Gazette

news the mina cup

The vision of the Mina Cup is 'to be considered as the world's leading youth tournament, attracting top class youth teams from each continent to compete for the Mina Cup'.

The tournament organised by a team of football professionals who have experienced football both on and off the pitch in their roles as ex pro players, and coaches from the UK as well as managed travel, accommodation, training and match logistics for individual players, amateur, professional and national teams from all over the globe coming to the UAE for the past 15+ years.

The 2022 Mina Cup final provided a great sporting event at the Jebel Ali Sports Centre commencing with an opening ceremony where both players and parents were welcome followed by 4 days of fantastic football with players from the region and overseas, including teams from Wolverhampton Wanderers F.C (England), Sturm Graz (Austria), FC Bhayangkara (Indonesia) and Pumas (Mexico).

Go-Pro Sports was the ONLY Academy to have a squad qualify in every one of the age groups!



It was a fantastic four days of action starting with a brilliant opening ceremony, along with Mina Cup Ambassador with Teddy Sheringham in attendance, which made the players feel they were in for a great 4 days of football against top opposition.

The tournament didn't disappoint as we competed across all four age groups. Our older age group excelling with our U18's getting to the semi-finals and U16s the finals. I felt this was an over achievement due to how many times a week the players train together as a team and also compared to other academies who train 4/5 times a week which shows how much potential our players have.

Our U12s and U14s didn't quite make it out the group stages however performed really well and some real standout games (U14 draw against Pro team Sturm Graz) and (U12 fight back against La Liga).

I would personally like to say a big thank you to all the parents/players as it is a big commitment to be present at a tournament such as the Mina Cup which is held over 4 days. We thought the players handled themselves with great professionalism on and off the field and all the age groups did the academy proud with their performances throughout the week!

We are already looking forward to the next one in October!

Kirk Hilton - Go-Pro Director

the mina cup



The Go Pro U12s had a very tough start to the tournament playing against eventual winners Minerva FC who were very physical and technical players but what a great learning curve despite the result! After the first game the boys played some fantastic football throughout the group stage coming from two goals down against La Liga and beating Barca 2-0.

In the knock out stages they managed a nail biting penalty win against IJF and dominated the final against Barca again but couldn't get over the line due to not being clinical enough in the final 3rd. Overall the players will learn from this amazing experience playing in a great tournament with international teams and a fantastic atmosphere from start to finish. Well done to all the players who participated you did Go-Pro proud!!!

Kirk Hilton - Go Pro U12s Mina Cup Coach

the mina cup



Despite the majority of the squad playing a year above, the Go-Pro team did themselves proud competing in such a high level competition. The squad stuck together to the end and gave 100 % in every match symbolizing the standards and principles of playing for Go-Pro Academy. The teams' highlight of tournament was a superb 0-0 draw against Austrian academy Sturm Graz.

This brilliant experience earning a draw will give the players the confidence knowing that they can compete with the very best and provide motivation to keep working hard in training and continue their progression as an individual and as a Go-Pro Academy team.

Jonny Blake - Go Pro U14s Mina Cup Coach

the mina cup



The U16's team grew in confidence and self-belief during the tournament and this was a massive factor in the team reaching the final!

Every player contributed to the success of the team in this tournament and I was proud to see each and every one of them display some very good performances. We were so unlucky in the final; however, the fact that we have reached both finals of the Mina Cup shows the boys have great qualities on the pitch and are mentally very strong. A massive well done to the boys for performing so well throughout the tournament.

Jordan Bent - Go Pro U16s Mina Cup Coach

the mina cup



I felt the team had a very good tournament and just came unstuck in the semi-finals. We are not that far off from where we are aiming to be however we have to limit the number of errors we make not just in the first phase of play but the second/third phases too.

We competed extremely well and showed this with our 2 convincing wins in our first 2 games where the Go-Pro U18's dominated and were unlucky not to come top of the group. The U18's Squad must make full advantages of chances offered to us in front of goal and remain composed in the final third, playing quicker and on the front foot which will allow us more shots at goal and chances to score more. All in all a good tournament and as I expected semi-finals minimum and minus the last game I was pleased with our performances as a team.

Matt Carr - Go Pro U18s Mina Cup Coach

latest news...



we are the CHAMPIONS!

under 8s
under 9s
under 10s



Go-Pro U9s have had a magnificent season from start to finish and played with great maturity throughout the year. The team has really started to understand their positions and also their roles/responsibilities on the field. The reason for the team's success and becoming Champions is that all the players worked hard as a collective and encouraged each other despite sometimes not getting the results they deserved. Overall we are delighted that the team gets their just rewards as they are crowned **CHAMPIONS** of the @YFL U9 2021/22 season!!



GO-PRO UNDER 9s YFL CHAMPIONS!

GO-PRO BOYS FINISH SEASON ON A HIGH



GO-PRO UNDER 8s YFL CHAMPIONS!

Go-Pro U8s set records in the @YFL League season with over 55 goals scored 12 conceded and unbeaten all season leading up to being Champions 2021/22. As a new team playing together for the first time it's amazing to see their development and how far they have come.

We are very excited for the future of these young superstars!!



GO-PRO UNDER 10s YFL CHAMPIONS!

Go-Pro U10s with an amazing season in the YFL league. They have been together as a team for the last three years and this really showed in their performances and team spirit. Throughout the team we have a great group of players who give 100% every week and individually they can adapt and play different positions which only enhances their development. Overall an amazing achievement from the team. **Congratulations on a great season!**

study v. exercise

is it really a competition?

With exams creeping up on many of our players at this time of year, let's look at the benefits of actually taking time away from the books and taking part in some physical activities.

It's the weeks before you exams, and you need those last few productive study sessions to be totally prepared. So, being the diligent learner that you are, you lay out the textbooks, and notes ... and suddenly you feel exhausted.

Of course, your body and brain fail you now, of all times! How do you shake off the mental cobwebs?

The answer is exercise. Exercise and studying do go hand-in-hand.

It sounds counterintuitive to move when you're tired however physical exercise can give you the burst of energy you need to study. However; Exercise helps optimize your brain for study.



But can physical exercise work out your brain?

Absolutely: there's not a sliver of doubt. Science supports that the best way to keep your mind and body in top shape is to be physically active. Even a single burst of physical activity can immediately enhance long-term memory by around 20%.

In this article, we'll share how physical exercise works for YOUR brain.

Your brain is your body's command centre and it requires a steady feed of energy in the form of glucose and oxygen to function efficiently.

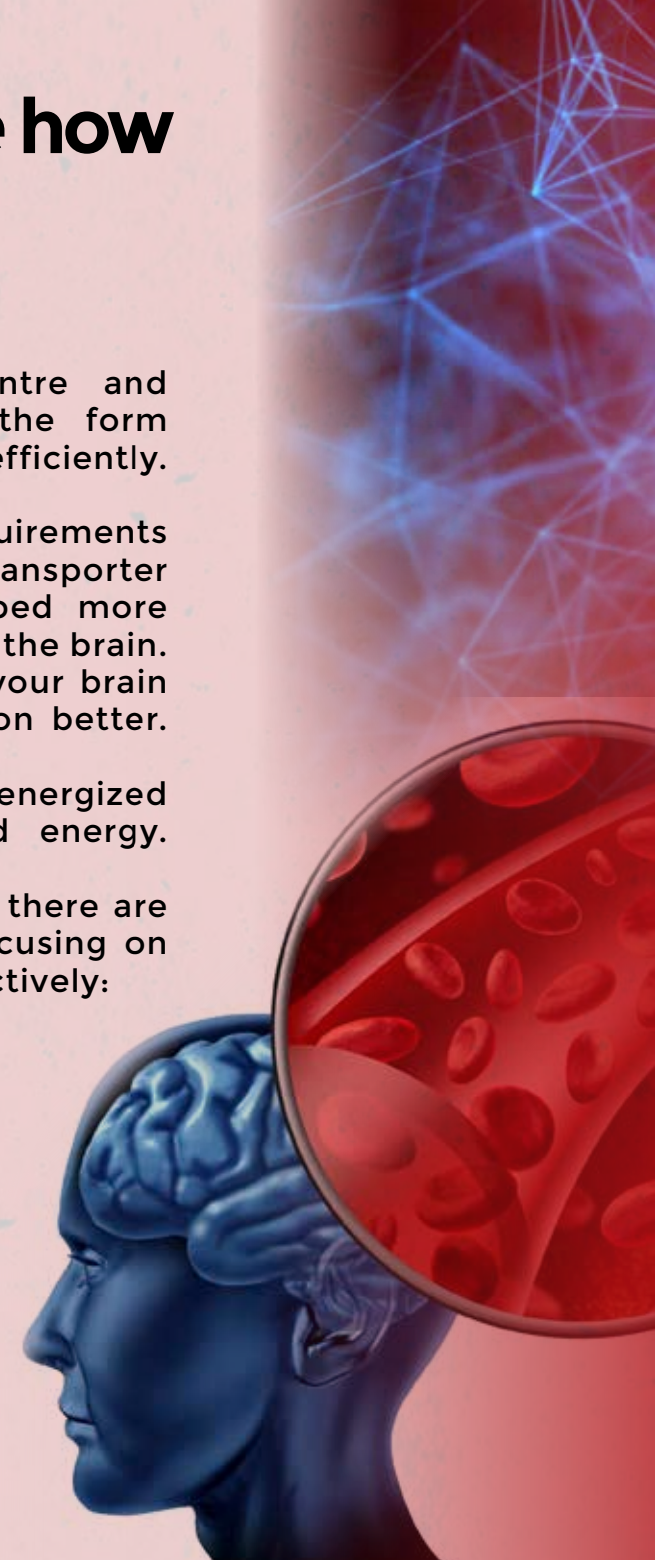
When you exercise, your body's oxygen requirements skyrockets. Consequently, your blood, the transporter of oxygen, nutrients, and glucose, is pumped more vigorously to all regions of the body, including the brain. And with the increased oxygen and energy, your brain receives the wake-up call it needs to function better.

Players report feeling more relaxed and energized after exercising even though they expend energy.

According to the extensive medical literature there are many benefits of exercise, however we're focusing on four as these impact your ability to study effectively:

1. **Better cognitive functioning**
2. **Stronger immune system**
3. **Improved mental health**
4. **Better quality of life**

Let's take a deeper dive into each benefit to learn more about the relationship between exercise and studying.





Benefit 1. Exercise improves cognitive functioning

Exercise boosts long-term memory: In a 2014 study, a series of pictures were shown to two groups of people, not specifying that they should memorize them. Afterward, the first group did resistance training, while the other did not. What they found was that the participants who exercised identified 10% more photos, two days later, than those who didn't, indicating that short amounts of resistance training can improve long-term memory.

Exercise flexes your brain; did you know that your brain can grow and change? "Synaptic plasticity" is fancy science-speak for our neurons' ability to change shape and establish new pathways in response to changes in behaviour. Aerobic exercise increases blood flow to the brain, which can increase brain volume and improve the plasticity and longevity of your neurons.

Why is this important? Without neuroplasticity, learning new information, languages, or skills would be next to impossible!

Benefit 2. Exercise improves your immune system

The only thing worse than arriving for an exam feeling unprepared is feeling sick. And, for everyone else in the exam room, there's nothing quite as disruptive as someone sniffing and coughing, behind you.

In addition to cognitive benefits, regular exercise also improves overall health. We're not just talking about being well enough to perform at exams; it's also about living a long and healthy life.

The Journal of Sport and Health Science found that acute exercise strengthens your immune system: your body's best line of defence against harmful bacteria and viruses that can lead to infection and disease.

It's really the regular movement that improves blood circulation, whole-body oxygenation and nutrition, muscle tone, elimination of toxins, and sleep. Think about it this way: say you have a housekeeper come to clean your house, the more frequently the housekeeper comes, the cleaner the house will stay.

It's the same with exercise. Don't expect to have an illness-clearing immune system if you do some jumping jacks a few times a year. Instead, coming back for regular movement better supports this sensitive, complex, and crucial regulatory system. This, in turn, improves your body's resistance to pathogens, infection, and toxins.



Benefit 3. **Exercise** **improves** **your mental** **health**



We know that exercise is great for your body and learning abilities. But it's also effective in dealing with stress and anxiety.

If you're feeling particularly anxious, a training session may be just the thing for you! Whilst training focus on the sensation of your feet hitting the ground. Shift your attention to your breath, heartbeat, or the sounds around you. In other words: take your attention away from the dizzying number of tasks and problems on your plate and return your mind to equilibrium.

Improve your mood; there is an enormous sense of well-being associated with exercise because it promotes the body's secretion of endorphins. Endorphins are the body's natural "feel good" neurotransmitters that kick in after about 20 minutes of training.

Endorphins are our body's natural pain relief and are often compared to opioid pain relievers. Although the results are less dramatic, regular production of these endorphins leaves us feeling more energized, helps us sleep better, and improves mental health over the long term.

Benefit 4. Exercise improves **your quality of life**

We've discussed the positive cognitive, physical, and mental effects of regular exercise but we're far from done. Exercise also improves your overall quality of life. What does that look like?

Exercise increases energy; your brain uses up a whopping 20% of your body's oxygen—and that's just for all its standard, automated functions. If you're in full study mode, engaging your full mental faculties, you'll need even more oxygen than usual to fuel your brain and body.

Exercise can do this by:

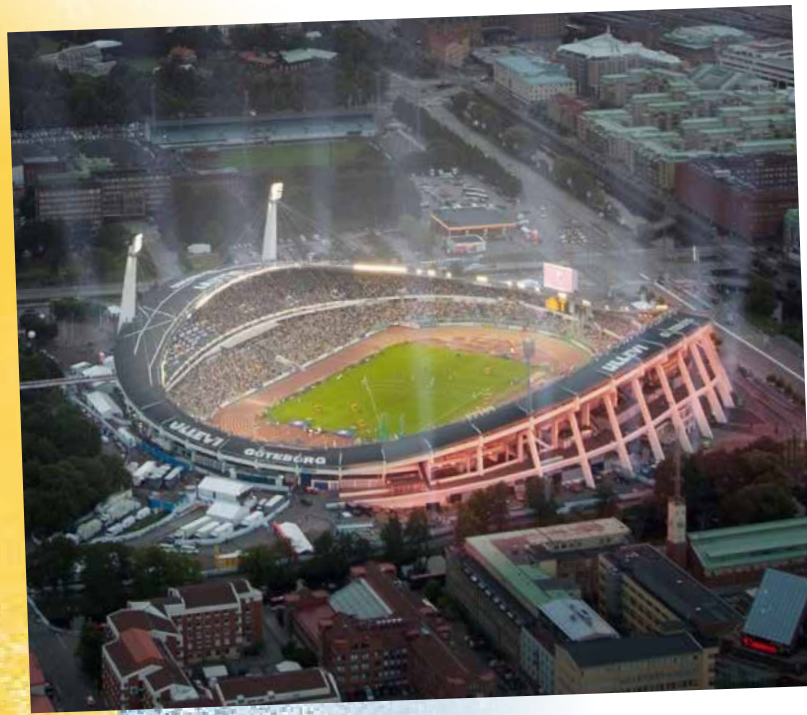
- **Increasing oxygen to the brain through increased blood circulation.**
- **Increasing the production of endorphins, which are the chemicals that produce feelings of well-being.**
- **Improving the quality of your sleep by keeping your body's circadian rhythm in tune.**
- **Promoting relaxation by taking your mind off stress (see Benefit 3).**
- **Training the heart to work more efficiently.**

A training session may not seem like much of an energizer now but as you build workouts into your routine, you'll be better equipped, mentally and physically, for anything thrown your way.

We've just put training on a pretty high pedestal with those four colossal benefits. Now you need to check your schedules. But, with so many positive physical and mental health benefits to exercising, students would be remiss if they didn't leverage its potential to improve brain power, particularly during exam time!!

international

GO-PRO U14 GIRLS LOOK FORWARD TO GOTHENBURG!



The Gothia World Youth Cup is the world's largest and most international youth football tournament. Each year, around 1700 teams from 80 nations take part and they play 4500 games on 110 pitches.

This year marks Go-Pro's 6th year of participation in the event, only missing 2020 & 2021 due to the Covid pandemic and we are very much looking forward to getting back to Gothenburg in Sweden in July 2022.



The Go-Pro team and Gothia event coordinators are looking forward to this year introducing the Go- Pro Girls U14's squad to the amazing event that is the Gothia World Youth Cup.

With events throughout the week starting with the traditional opening ceremony at the Ullevi Stadium, a two-hour extravaganza with music, dancing, fireworks, a presentation of all participating nations and joy unbounded everyone's there!

THIS YEARS UNDER 14s GOTHIA CUP SQUAD

- | | |
|-------------------|----------------------|
| 1. Aisha Ismail | 8. Olivia Kirejew |
| 2. Alizeh Ali | 9. Olivia Meuleman |
| 3. Amelie Lewis | 10. Safa Shafi |
| 4. Anaya Ahmed | 11. Sarah Rashid |
| 5. Erin Bailie | 12. Tala Chabara |
| 6. Mia Gramigni | 13. Cristiana Morall |
| 7. Milla Froemmel | 14. Soraya Camacho |



player of the month:

KAYAN TISSERAND

KAYAN TISSERAND

POSITION: Goalkeeper
AGE: 10 **NATIONALITY:** USA
JOINED GO-PRO: 2019

Kayan joined Go-Pro in 2019 and had a superb first season with us and going from strength to strength working with both Coach Matt and Coach Jordan.

Coach Matt commented early in 2021 that Kayan improved with every training session and game. "He's got better at making saves and getting his body behind the ball"

In 2022 Coach Jordan observed that Kayan's kicking has become a real strong point as it sets up attacks for his team and his handling and shot stopping has been a key factor of the team performing well this season. Kayan has made some vital saves for the squad in the Evo league this season!

Well done Kayan - keep up the amazing work!



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GO-PRO online store LAUNCHING SOON!

www.go-prosports.com

thanks for the support!

boys academy

squad of the month



Our Go-Pro U16's!



The U16's had a fantastic Mina Cup in April by reaching their 2nd consecutive final in the competition. The boys had a hard task as current holders of the trophy and they did not disappoint in the slightest, they showed great technical and tactical ability in order to reach the finals again.

The highlight of the competition was in the semi-finals when the boys had to endure a gruelling penalty shootout, were even the goalkeepers had to take penalties! The boys showed great nerve and maturity to deal with a high pressure situation and come out of it with a win. Well done to all the boys and coaches for an excellent Mina Cup tournament once again.

girls academy

squad of the month



Our Go-Pro Girls!



Go-Pro girls have made a great start in the EFA Womens League with a draw and a win against very good opposition.

The team is playing against top opposition each week and this is only going to enhance their development and improve the players individually and as a team. With an average age of only 14, the girls have adapted really well to playing against women week to week and we are very proud of how the girls are performing!

announcement!

THE LOCATIONS FOR THE

END OF SEASON AWARDS 2021-2022

GO-PRO SPORTS FOOTBALL ACADEMY



GIRLS U10s to U16s

Saturday 28th May, 2.45pm

LOCATION: TOPGOLF DUBAI



BOYS U7s to U12s

Saturday 4th June, 8.45am

LOCATION: STREET MANIAX



BOYS U13s to U16B

Saturday 4th June, 2.45pm

LOCATION: TOP GOLF DUBAI



U16A BOYS to MENS

Saturday 18th June, 10.30am

LOCATION: PADBOL



SENIOR GIRLS

Saturday 11th June, 10.30am

LOCATION: PADBOL

A CELEBRATION OF ACHIEVEMENT



GIRLS U10s to U16s

Saturday 28th May, 2.45pm arrival

LOCATION: TOPGOLF DUBAI <https://topgolfdubai.ae>

includes: 3pm till 5pm game play, awards ceremony,
light snacks and unlimited soft beverages

AED 175 per person

BOYS U13s to U16B

Saturday 4th June, 2.45pm arrival

LOCATION: TOPGOLF DUBAI <https://topgolfdubai.ae>

includes: 3pm till 5pm game play, awards ceremony,
light snacks and unlimited soft beverages

AED 175 per person

PRE BOOKING ESSENTIAL

(via email or coaches)
ASAP Limited Spaces

For more information
please contact us on
+971 (0) 502 845061

or email us:
info@go-prosports.com



A CELEBRATION OF ACHIEVEMENT



BOYS U7s to U12s

Saturday 4th June, 8.45am arrival

LOCATION: STREET MANIAX <https://streetmanix.com>

9.00am - 10.00am GO-PRO AWARDS CEREMONY

10.00am - 12.00pm JUMP & FOOD

12.00pm COLLECTION

AED 150 per person



PRE BOOKING ESSENTIAL

(via email or coaches)
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or email us:
info@go-prosports.com



A CELEBRATION OF ACHIEVEMENT



SENIOR GIRLS

Saturday 11th June, 10.30am arrival

LOCATION: PADBOL <https://emiratespadpro.com/padel>

Paddle Football 10.30am till 12.00pm
includes, awards ceremony and soft beverages

AED 100 per person

TEAM DINNER (location TBC) 4.00pm-6.00pm

U16A - U18 BOYS & MENS

Saturday 18th June, 10.30am arrival

LOCATION: PADBOL <https://emiratespadpro.com/padel>

Paddle Football 10.30am till 12.00pm
includes, awards ceremony and soft beverages

AED 100 per person

TEAM DINNER (location TBC) 4.00pm-6.00pm



PRE BOOKING ESSENTIAL

(via email or coaches)
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A “GAME CHANGER” IN PLAYER PROGRESSION, PERSONAL FEEDBACK AND ANALYSIS...

The Go-Pro Sports Football Academy App will be available to all Go-Pro players is one of the first of its kind in the region.

UPDATE: Development is going really well and we hope to launch this summer. We are very excited about it, it will be an essential tool in our players' development!

COMING
SOON!

The Go-Pro app will offer Go-Pro players:

An analysis of individual, technical and fitness progression

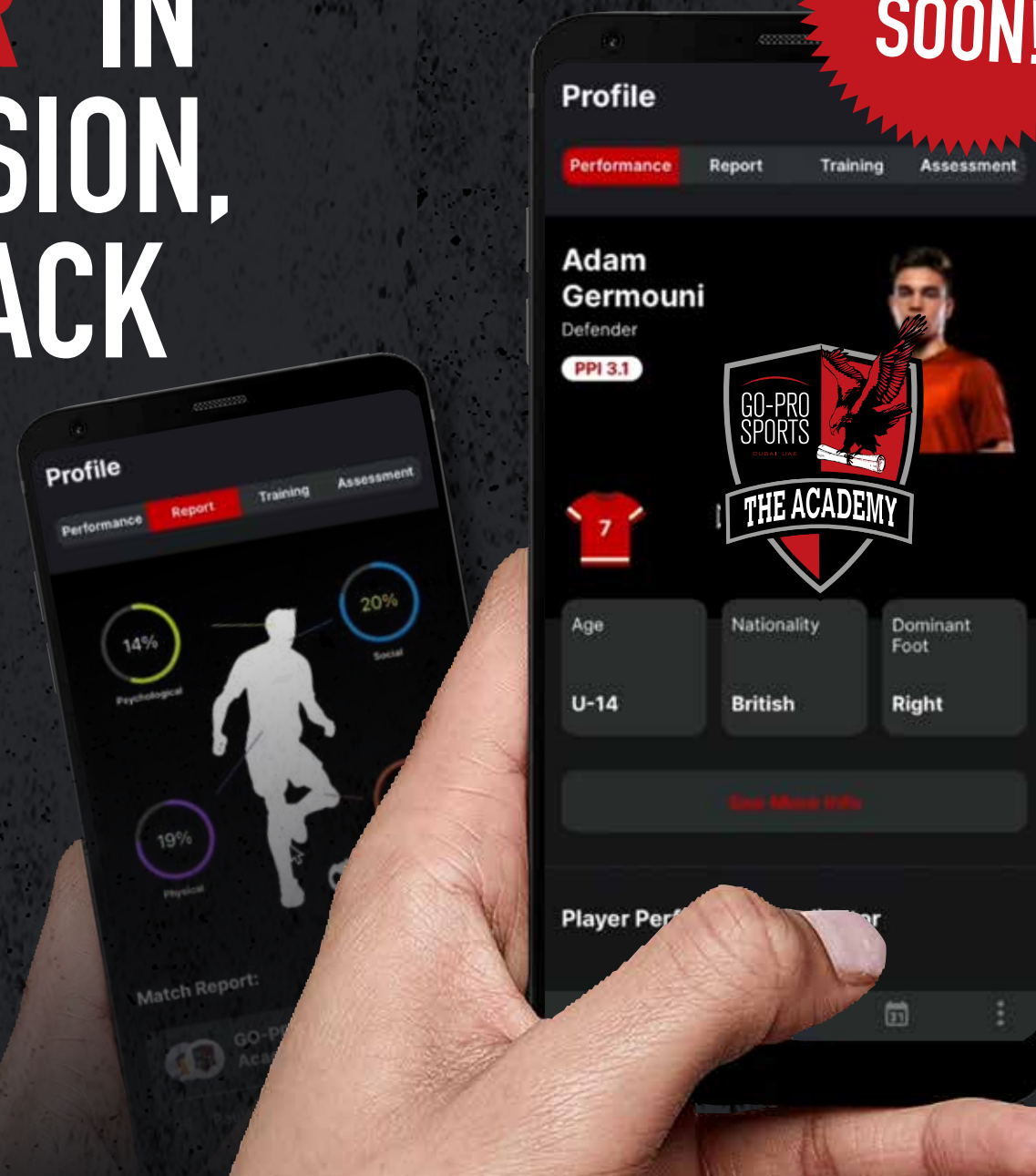
Go-Pro Pathway(GPP)© training tracker for performance review

Individual match report style analysis

Step-by-step directions to improve performance through the Go-Pro Curriculum

GPP video footage access

Pre-approved and direct access for scouts at UK/US pro clubs and US colleges



next season...

WE GO AGAIN!

Registration is now open for season 2022/23

sign up today and be a
part of our winning team!

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2022 – 2023 SEASON

EARLY BIRD SPECIAL OFFER

SIGN UP FOR TERM 1 AND
GET 10% DISCOUNT ON ALL
TERM 1 TRAINING FEES!

OR

SIGN UP FOR THE ENTIRE
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Terms and conditions

1. Registrations should be received by [THIS LINK](#) no later than 31st JULY 2022.
2. To qualify for discounts, full payment must be received on or before the 19th August 2022.
3. Discounts do not include tournament and league fees.
4. This offer cannot be used in conjunction with any other offer.



Gazette

If you have any questions regarding any of the contents in our monthly gazette please don't hesitate to contact us...

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