An aerial photograph of a large sports complex, likely a football academy. The image shows a vast green field in the foreground, surrounded by a fence. In the background, there are several buildings, including a prominent white tower with a blue top. The sky is overcast, and the overall scene is dimly lit, suggesting an early morning or late afternoon setting.

True Talents of Africa International Football Academy – STUDENT HANDBOOK 2026

Welcome to East Africa's first fully residential international football academy – where elite athletic development meets academic excellence and global opportunity for Africa's most talented youth.

Our Why?

Our why is to enable young Africans to chase their dreams through football. True Talents of Africa International Football Academy (TTAIFA) represents a transformative opportunity for Africa's young athletes. We blend world-class football training with rigorous academic programmes and character development, creating pathways to professional sports, global scholarships, and community leadership.

This handbook serves as your comprehensive guide to understanding our programmes, expectations, values, and opportunities. As you embark on this journey, remember that you're not just joining an academy – you're becoming part of a movement that's redefining African football excellence.

Founded in 2019, TTAIFA has rapidly grown into a leading model of integrated athlete development, securing over 20 international scholarships and partnerships with elite global institutions.

Quick Facts

- First residential international football academy in East Africa
- IGCSE/A-Level academic programmes
- Professional training facilities in Tigoni, Limuru
- Over 20 international scholarships secured

Our Vision & Mission

Our vision is to be the premier pathway for African football talent to achieve global recognition, fostering leaders on and off the pitch who inspire positive change in their communities and beyond.

Our mission is to provide world-class football training, rigorous academic education, and holistic personal development, empowering our students to excel professionally, academically, and as community role models. We are dedicated to nurturing each individual's potential, ensuring they are well-equipped for success in all aspects of life.



Our Vision & Mission

Our Vision

To raise a generation of empowered African youth whose talent, character, and education enable them to thrive globally – in football, education, and life.

Our Mission

To blend football excellence with academic achievement and character development, creating pathways to professional sports, global scholarships, and community leadership.

These guiding principles inform every decision we make and every programme we deliver. We believe that true success extends beyond the pitch – it's measured in the quality of character, the depth of education, and the breadth of opportunity we provide our student-athletes.

Our Core Values – DREAMER

Seven guiding principles shape every student-athlete's experience at TTAIFA. These values are not just words on a page – they're the foundation of our culture and the standards by which we measure success.



Dreamer

We nurture big dreams and believe every vision is achievable with hard work and dedication.



Role Model

We lead by example on and off the field, inspiring others through our actions.



Extra 110%

We push beyond limits; excellence requires more than effort – it demands commitment.



Accountability

We take responsibility for our actions and seek constant growth and improvement.



Manifest Family

We are one supportive family built on trust, respect, and mutual encouragement.



Education

We believe learning never stops – in class, on the pitch, or in life.



Resourceful Creativity

We solve problems with innovation, determination, and strategic thinking.

The TTA Point System

The TTA Point System is a fundamental behaviour-shaping framework integrated across all aspects of academy life – football training, academic studies, and residential living. It serves to reinforce the core values above that we instill, encouraging our student-athletes to embody discipline, leadership, teamwork, responsibility, and an intentional learning approach every single day.

Students actively earn or lose points based on how consistently they demonstrate the TTA values in their daily interactions and efforts. Coaches and staff meticulously update these scores on a weekly basis, with parents receiving a comprehensive report each month. This transparent system empowers families to track their child's progress, identify areas for growth, and celebrate significant positive developments, fostering a collaborative environment for holistic development.

VALUES & BEHAVIOUR

Points are awarded for demonstrating core values:

- Goal setting and ambition
- Leadership qualities on and off the pitch
- Consistent effort and perseverance
- Effective teamwork and collaboration
- Creativity in problem-solving
- Positive learning attitude and resilience

ACCOUNTABILITY

Adherence to academy rules and responsibilities:

- Excellent attendance records
- Punctuality for all sessions and commitments
- Appropriate appearance and uniform adherence
- Completion of assigned duties
- Respect for shared spaces and property

RESIDENTIAL LIFE

Contribution to a positive living environment:

- Maintaining personal and communal cleanliness
- Responsibility in managing personal belongings
- Cooperation with housemates and staff
- Exhibiting positive community behaviour

ACADEMICS

Commitment to educational excellence:

- Active class participation
- Discipline in completing homework assignments
- Achieving academic excellence
- Demonstrating intellectual curiosity

FOOTBALL PERFORMANCE

On-field contributions and impact:

- Receiving 'Best Player' or 'Team of the Week' votes
- Scoring goals and providing assists
- Achieving clean sheets for goalkeepers/defenders
- Demonstrating significant positive match impact

Positive actions consistently contribute to a student's overall point tally, fostering a sense of accomplishment and tangible reward. Conversely, negative behaviours lead to a reduction in points, serving as a clear indicator for areas needing improvement and encouraging self-correction. This dynamic system drives continuous personal and collective growth, ensuring every student-athlete is aware of their progress and impact within the TTA community.

Student Code of Conduct

At True Talents of Africa, we believe in developing the complete person – in character, discipline, education, and leadership. Every student represents the Academy and must conduct themselves with integrity both on and off the pitch.

1

Personal Conduct

- Show respect to yourself, peers, staff, and the community
- Maintain a positive, teachable attitude
- Be punctual for all activities
- Dress appropriately with good hygiene
- Zero tolerance for drugs, alcohol, or smoking

2

Academic Responsibility

- Take education seriously – football without education limits your future
- Complete assignments on time
- Attend all academic sessions
- Support peers in their learning journey

3

Social Media & Public Image

- Remember you represent TTA online
- Avoid offensive or inappropriate content
- Obtain permission before sharing Academy photos
- Maintain professionalism across all platforms

"What you post represents the Academy. Be responsible, be professional, be proud."

Football Code of Conduct

Training Requirements

Excellence begins with preparation. Every training session is an opportunity to improve, and proper preparation is non-negotiable.

- Always bring a water bottle and wear long socks
- Arrive on time and fully prepared
- Wear official TTA Academy kit
- Complete warm-up and cool-down routines
- Respect all training equipment

Match Day Standards

- Official kit with long dark socks
- Shin guards (mandatory for competitive matches)
- Report 1h 30 minutes before kick-off
- Mental and physical readiness



Attendance Policy

If you must miss a session, send a **written letter or email** to coaches explaining the reason. The communication must come from the player personally. Failure to communicate may result in exclusion from matches.

1

Respect

Honour teammates, coaches, referees, and opponents

2

Attitude

Encourage others and accept coaching with maturity

3

Discipline

Follow protocols and report misconduct immediately

Academic Excellence Programme

Through our partnership with Sunrise Virtual School, students access a hybrid IGCSE/A-Level curriculum specifically tailored to athlete schedules. Our academic programme ensures that education remains central to your development, providing the foundation for lifelong success.

Flexible Blended Learning

Combine online and in-person instruction designed around training schedules



Dedicated Tutors

On-site academic support staff available for personalised guidance



Academic Integrity

Maintain performance benchmarks set each term for continued participation



Progress Tracking

Continuous monitoring via Parent/Student Portal for transparency



Remember: Football without education limits your future. We're preparing you for success in every arena of life.

Football Training & Development

Our comprehensive football programme is designed to prepare student-athletes for collegiate and professional careers worldwide. We combine cutting-edge training methods with proven developmental frameworks.



Technical & Tactical Training

Daily sessions focused on individual skill development and team tactics



Strength & Conditioning

Age-appropriate fitness programmes to build athletic capacity



Game Intelligence & Video Analysis

Veo system technology for performance review and tactical understanding



Nutrition & Recovery

Professional guidance on fuelling performance and optimising recovery

Non-Negotiables: Attendance, discipline, and consistent effort are mandatory for all players. Your commitment to the programme directly correlates with your development and opportunities.



Campus Life & Accommodation

TTAIFA provides a fully residential campus in Tigoni, Limuru, designed to create a safe, disciplined, and community-oriented environment where student-athletes can focus on their dual commitments to sport and education.

Accommodation Standards

Our residential facilities are built to international standards, providing comfortable and secure living spaces that foster community and personal responsibility.

- Keep rooms tidy and organised
- Observe quiet hours (10 PM - 6 AM)
- Respect fellow residents and staff
- No unauthorised visitors
- Report maintenance issues promptly

Meals & Nutrition

Balanced, nutritious meals are served at the cafeteria under medical and nutrition supervision. Our meal plans are designed to support athletic performance and healthy growth.

- Breakfast, lunch, and dinner daily
- Healthy snacks available
- Special dietary requirements accommodated
- Hydration stations throughout campus



24/7 Security

Professional security staff and surveillance systems ensure a safe environment



Medical Support

On-site healthcare professionals available round-the-clock for emergencies



Modern Amenities

High-speed internet, study areas, and recreational facilities



Health, Wellness & Support Systems

Our Medical & Welfare Department, led by qualified healthcare professionals, ensures comprehensive support for every student-athlete's physical and mental wellbeing. We believe that optimal performance requires holistic care.

Injury Prevention

Screening, proper warm-ups, and education on safe training practices

Fitness Tracking

Regular assessments to monitor development and identify areas for improvement

1

2

3

4

Injury Management

Professional treatment, rehabilitation protocols, and gradual return-to-play programmes

Mental Wellness

Counselling services and resources to support emotional and psychological health

Important: Injury Protocol

Even when injured, report to training for assessment and guidance unless excused by the coach. Never self-diagnose or decide your own recovery plan. All injuries or health issues must be reported immediately to medical staff.

90%

Minimum Attendance

Required for all programmes to maintain good standing

24/7

Medical Coverage

Round-the-clock healthcare support on campus

100%

Nutrition Supervised

All meals planned under professional guidance



Player Tracker & Performance System

Our bespoke Player Tracker system is a comprehensive evaluation tool designed to monitor and cultivate the holistic development of every student-athlete. It goes beyond mere statistics, integrating our core TTA Values – D.R.E.A.M.E.R. – to provide a complete picture of performance both on and off the pitch. This system ensures continuous feedback and acknowledges the myriad ways students embody the academy's ethos.



Dreamer

Evaluates ambition, goal-setting, and dedication towards achieving personal and collective aspirations.



Role Model

Assesses conduct, sportsmanship, leadership qualities, and positive influence on peers and staff.



Extra 110%

Measures effort, intensity, perseverance through challenges, and commitment to continuous improvement.



Accountability

Tracks responsibility for actions, integrity, adherence to rules, and commitment to tasks.



Manifest Family

Observes teamwork, supportive behaviour, communication, and contribution to community spirit.



Education

Reflects academic commitment, engagement in learning, and application of knowledge.



Resourceful Creativity

Appraises problem-solving abilities, adaptability, and innovative thinking on and off the field.

Students earn points daily based on their embodiment of these values. This includes punctuality, effort in training, academic diligence, respect for others, and active participation in campus life. These accumulated points serve as a dynamic grading system, reflecting overall performance and character development. High-achieving students are regularly recognised and awarded, fostering a culture of excellence and healthy competition within the academy.



Parent & Guardian Partnership

At True Talents of Africa, we recognise that student success requires a strong partnership between the Academy, students, and families. Parents and guardians play a vital role in reinforcing our mission and supporting their children's development.

1 Respect & Support

1

Always encourage your child and all players, regardless of performance. Show good sportsmanship and respect coaches, referees, and staff at all times.

2 Effective Communication

2

Schedule proper meetings to discuss concerns rather than addressing issues during training or matches. Keep the Academy informed about attendance, health, or personal matters.

3 Positive Sideline Behaviour

3

Cheer positively without shouting instructions or criticising players. Allow coaches to guide players during games and training sessions.

4 Responsible Social Media Use

4

Represent TTA positively online. Avoid posting negative comments and obtain permission before sharing photos from Academy activities.

How Parents Can Get Involved

- Attend termly progress reviews
- Participate in Academy events and matches
- Access updates via the Parent Portal
- Provide constructive feedback
- Support community initiatives



"Participation at TTA is a privilege that requires shared commitment from both the student and their family. Together, we create an environment where young athletes can thrive."

What to Bring: A Guide for Residential Students

Preparing for your residency at True Talents of Africa is an exciting step! To ensure a comfortable and productive stay, please refer to the following comprehensive guide on what to pack, what can be acquired locally, and what the Academy provides. This will help you settle in smoothly and focus on your academic and football development.

📦 ESSENTIALS

These are personal items that students should arrive with, as they are specific to your comfort, hygiene, and daily living. Please ensure all personal items are clearly labelled.

🛏 Bedding & Personal Care



- 1-2 large towels
- 1 fitted bed sheet
- 1 flat bed sheet
- Duvet or blanket
- Pillow + pillowcase
- Toiletries (soap, toothbrush, toothpaste, deodorant, lotion, shampoo)
- Shower slippers
- Laundry bag

👕 Clothing (Home & Casual Wear)



- T-shirts
- Shirts
- Shorts
- Long pants / jeans
- Warm hoodie or sweater
- Underwear
- Socks (everyday + sports)
- Sleepwear
- Comfortable shoes / sandals

⚽ Athletic & Training Wear



- Football boots (firm ground)
- Running shoes / trainers
- Shin guards
- Training shorts
- Training T-shirts
- Base layers (tights, leggings, long-sleeve compression tops)
- Cold-weather gear (light jacket, thermal top)
- Swim costume (for recovery sessions)
- Water bottle (durable, labelled)

📁 Personal Items



- Small padlock for locker
- Notebook + pen
- Personal medication (if any, clearly labelled and declared to medical staff)
- Small backpack for daily use

🏪 LOCAL PURCHASES

Items That Can Be Bought Locally After Arrival

To ease your packing, some items are readily available for purchase in Nairobi and do not need to be brought from home. You will have opportunities to visit local stores soon after arrival.

- Extra toiletries
- Additional socks or underwear
- Extra training wear
- Flip-flops or indoor shoes
- Snacks and hydration items
- Laundry detergent
- Extra blanket (if needed)
- Phone SIM card / airtime

🏠 TTA PROVISIONS

What TTA Provides for All Residential Students

These items are included as part of the residential program. You do not need to purchase or pack them.

- Mattress (standard size, clean, ready on arrival)
- 4 full sets of training kit (including 2 red jerseys, 2 white jerseys, 2 shorts, 2 pairs of socks)
- 1 full tracksuit (top + bottom)
- Access to laundry area
- Access to study rooms and common areas
- Secure storage space for personal items

🌟 OPTIONAL ENHANCEMENTS

Optional Items (Nice to Have)

These items are not mandatory but can significantly improve your comfort and daily life at the Academy.

- Laptop
- Phone
- Personal electronics
- Extra towel for gym/swimming
- Personal blanket from home (for added comfort)
- Football gloves (for goalkeepers, if preferred over Academy-provided gear)
- Light reading books or e-reader
- Portable charger / power bank

Academy Policies: Ensuring a Safe and Productive Environment

To foster a secure, disciplined, and supportive atmosphere conducive to both athletic and academic excellence, True Talents of Africa International Football Academy upholds a comprehensive set of policies. These guidelines are designed to ensure the welfare of every student, promote responsible behaviour, and maintain the high standards of our residential program.

Safety & Welfare Policies

Sick-Day & Medical Reporting Protocol

Student wellbeing is our priority, and all illness—whether minor or serious—must be reported immediately.

- Students who feel unwell must report directly to the Nurse, Patron/Matron, or the nearest TTA staff member.
- Students may not remain in student accommodation during class or training hours unless formally excused by medical staff.
- When a medical review is required, TTA staff will escort the student to the appropriate hospital or clinic for assessment.
- Parents will be notified when a medical situation is considered serious, or when a student must be taken to any medical facility for further care.

Medication Policy

To ensure safety and proper supervision, strict rules apply to medication:

- Students are not allowed to self-medicate under any circumstances.
- All medication—prescribed or over-the-counter—must be handed to TTA staff for safe storage and supervised administration.
- All allergies must be submitted through the TTA online registration portal before arrival to ensure proper medical planning and emergency readiness.

Mental Health Support Process

TTAIFA is committed to supporting the emotional and psychological wellbeing of every student.

- Mental health services are provided through Sonder Consultancies, a TTA partner whose professionals visit the campus regularly.
- If a student needs support, they should inform the Patron/Matron, who will coordinate access to the counsellor.
- All counselling sessions are treated with strict confidentiality, except in cases where a student's safety or wellbeing is at risk.
- Parents should be informed when a student's mental health concern affects their daily functioning, academic participation, or safety, or when ongoing professional intervention is recommended.

Residential Life Policies

Laundry Schedule & Rules

To maintain hygiene and personal responsibility:

- Laundry is done at least once per week, covering all standard clothing and bedding.
- Items outside the regular laundry cycle—such as delicate clothing or personal extras—must be washed by the student.

Visitation & Leave Policy

To ensure safety and accountability on campus:

- Parents and visitors are not permitted inside student accommodation unless explicitly authorised by TTA management.
- Students leaving campus on weekends or for personal reasons must be formally signed out by the Patron/Matron.
- Off-campus movement is only allowed with prior permission from TTA staff.
- A 10:00 PM curfew applies across the academy. All students must be in their rooms by this time. Students found outside their rooms after curfew will face disciplinary action.

Device & Phone Policy

To support discipline, focus, and healthy routines:

- No electronics are allowed after lights-out. Devices must be switched off and stored away.
- Phones and electronic devices are not permitted during class, training sessions, or meal times.

Money & Valuables Policy

To prevent loss and ensure responsible financial habits:

- Students should not keep more than KES 500 in cash. All other funds should be kept in M-Pesa.
- Any missing items must be reported immediately to the Patron/Matron or nearest staff member for investigation.



Football Equipment Responsibility

Students are expected to take full responsibility for their football equipment. Maintaining personal gear is a fundamental aspect of professionalism and discipline.

- Lost or misplaced kit items must be replaced at the student's cost.
- Students are responsible for cleaning their own boots and maintaining their training gear.
- All equipment must be treated with care, and students are expected to uphold TTA standards of professionalism.



Academic & Behavioural Policies

Academic Probation Rules

Academic excellence is a core pillar of the TTAIFA programme:

- Students who fall behind academically will be placed under academic review.
- Tutors and academic staff will provide targeted support to help the student improve.
- Students who consistently fail to meet academic expectations or show insufficient effort will not be permitted to participate in football activities until improvement is demonstrated.

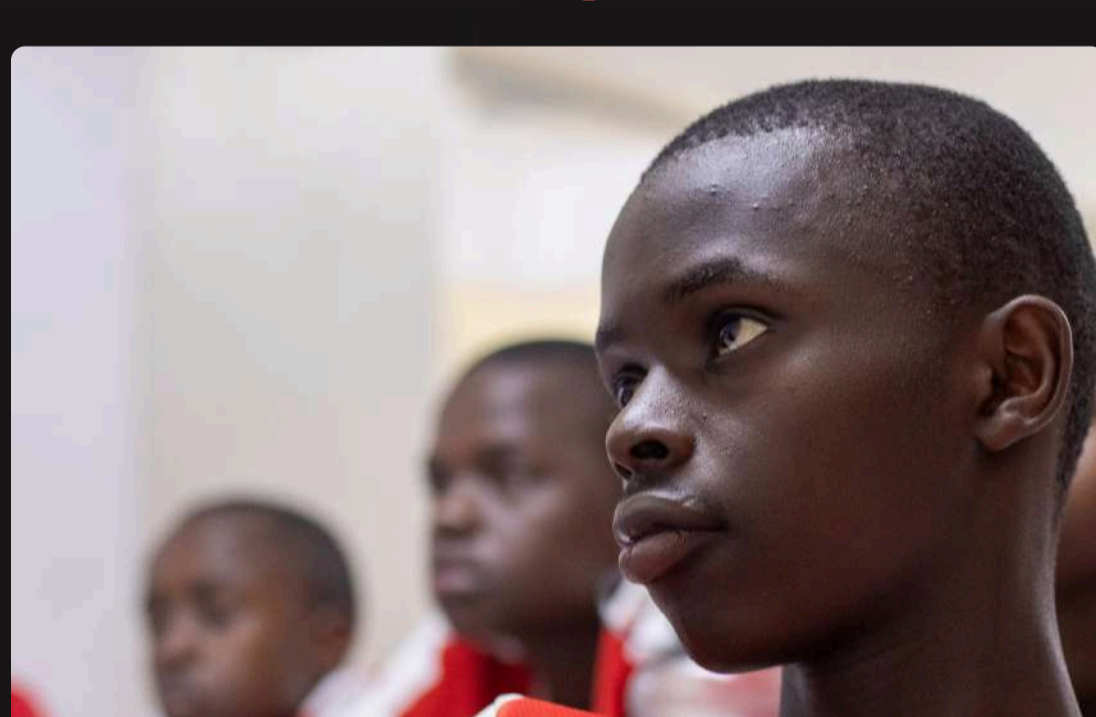
Behaviour Levels & Consequences

TTAIFA maintains a disciplined and respectful environment. Misconduct is categorised by severity, and consequences may include warnings, suspension, or expulsion depending on the nature of the behaviour.

Suspension or dismissal may occur in cases involving:

- Repeated disrespect or defiance
- Violence, bullying, or harassment
- Possession of prohibited substances
- Serious breaches of safety or safeguarding rules
- Leaving campus without permission

All disciplinary actions follow a documented review process to ensure fairness and transparency.



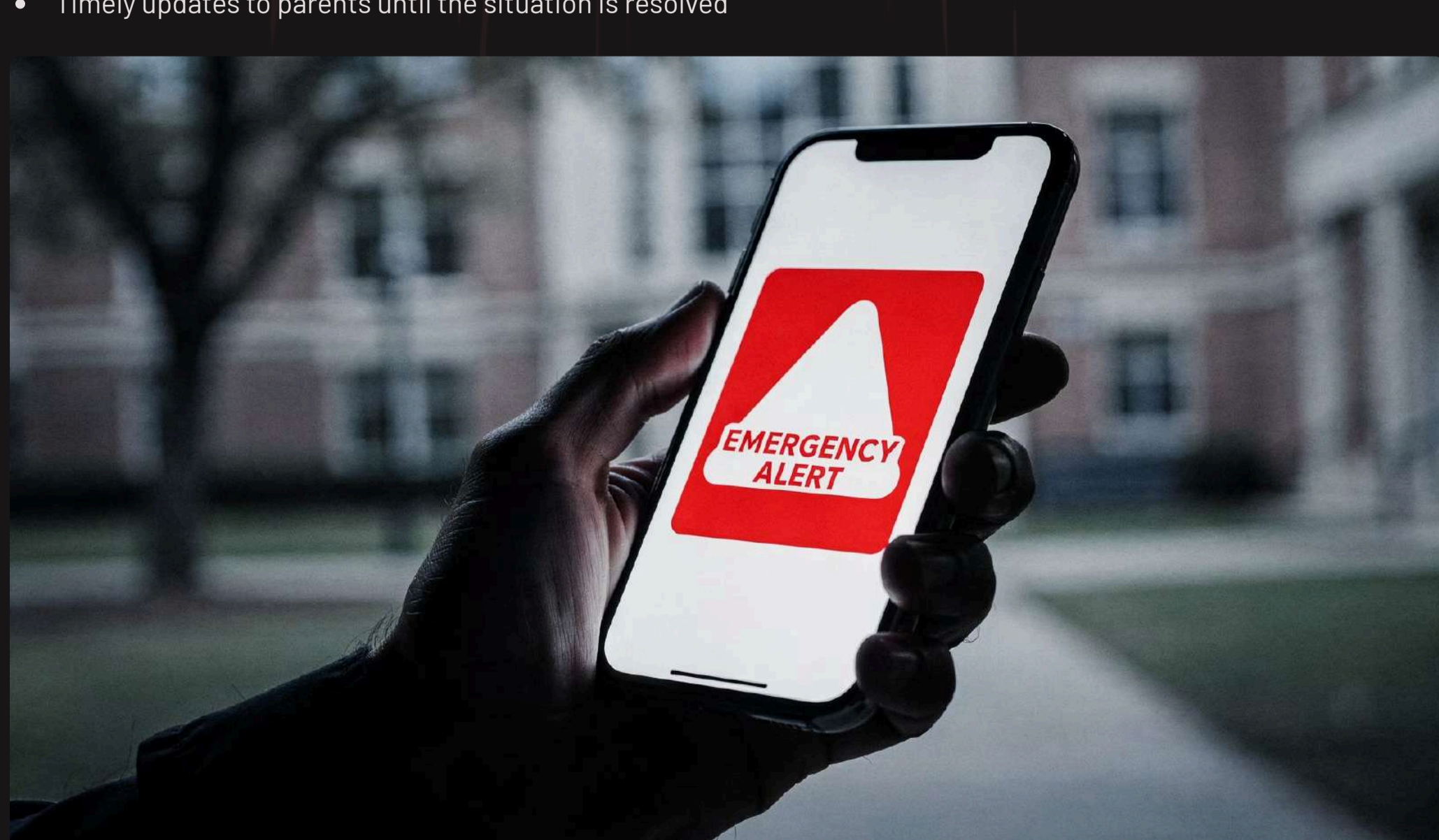
Emergency Contact & Communication Protocol

Clear communication during emergencies is essential for student safety. The Academy has established a structured process to manage any urgent situation effectively.

- Parents will be contacted immediately or as soon as possible if an emergency is ongoing or if urgent medical attention is required.
- Communication will be made by a TTA representative, typically the Patron/Matron or designated welfare staff.

Emergencies are handled through a structured process that includes:

- Immediate first response by trained TTA staff
- Assessment by medical personnel
- Transport to a medical facility if required
- Continuous monitoring and documentation
- Timely updates to parents until the situation is resolved



Your Journey Begins Here

By joining TTAIFA, you're not just enrolling in an academy – you're contributing to a larger movement that's empowering youth and redefining African football. We value community engagement, volunteering, and social responsibility as integral parts of every student's journey.

Communication Channels

Students: Report issues to your class teacher, coach, or student welfare representative

Parents: Access the Parent Portal or email the academy office directly

Safety First

Fire and evacuation drills conducted regularly. Always wear your ID badge and comply with all safety protocols on campus.

Disciplinary Process

Issues are documented, students given opportunity to respond, committee review conducted, and outcomes shared. Appeals accepted within 7 days.

Acknowledgement of Understanding

"I have read and understood the Student Handbook of the True Talents of Africa International Football Academy and agree to abide by its rules, values, and expectations."

Student Name: _____

Signature:

Date: _____

Parent/Guardian Name: _____

Signature:

Date: _____

Welcome to the TTAIFA family. Your journey to excellence starts now. Dream big, work hard, and let your talent shine on the global stage.

TTA Oath

This oath represents our collective commitment and shared belief as members of the TTAIFA family.

We are here to be the best that we can be,

Driven by purpose,

To make the most of our talent,

And accomplish our dreams,

We believe in ourselves

But we remain humble,

To lead others around us,

And lead by example,

We commit to our path,

We take responsibility,

To find solutions,

Amidst all adversity,

We commit as one team,

May we never stray

We are one family,

We are TTA