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THE PRESS

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Player Spotlight

Motlatsi "MJ" Mogapi, one of our youngest players, joined us in January 2025 and has been on a serious upward trajectory ever since. Driven to become the best version of himself, he hopes to one day be selected for the Botswana national team, following in his older brothers' footsteps. Over the past 15 months, MJ's growth has been outstanding.

UPCOMING EVENTS

Garden Route Tour
10-19 July 2026

We're excited to announce our upcoming U21 Garden Route tour! We'll be travelling to **Hermanus**, **George**, and **Plettenberg Bay** from 10–19 July during the final week of the school holidays. More details coming soon — for now, save the dates!

BACK TO REALITY

This month was all about settling back into the rhythm of league football, school and studies after our trip to the USA in February. The group returned with focus and intent, maintaining strong training intensity and high standards as they adjusted back into routine. There has been a clear commitment from the players to keep improving, both individually and as a team, as the demands of the term pick up again.

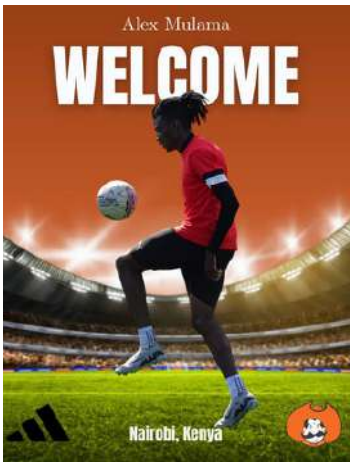
Competing in a men's league continues to challenge our young squad, demanding physicality, discipline and maturity. Each match provides a valuable learning experience, pushing the players to adapt and grow in tough environments. Our goal remains to finish in the top 8 while balancing player development with a strong winning culture.

We also took part in the Rygate U21 tournament, progressing through the group stages and Round of 16 before losing in the quarter finals to eventual winners Everton. The team showed resilience throughout the competition and handled different game situations well. There were plenty of positives to take from the experience and performances.

We ended the month by watching Bafana Bafana take on Panama in a World Cup warm up match at DHL Stadium as part of our Elite 7 activities. It was a great opportunity for the players to experience international football up close and take in the level required at the top of the game. The atmosphere was electric and although South Africa lost 2-1, the players witnessed a brilliant goal and created lasting memories.

OFF TO COLLEGE IN AMERICA

We are really proud of our relationship with UDB Sports, who have already placed 2 of our graduates into US colleges (**Karl and Alex**). Three more players have just signed and are in the process of being placed - **Matthew**, **Solethu and Deven**. We are serious about finding an individual pathway for every player that comes through our doors, whether it be in college sports, professional or semi-pro football, or work in the sporting industry.



WELCOME

We welcomed three new players this month, with Ryan, Fisher and Trevor jetting in from Kenya where they have been part of the brilliant True Talents of Africa academy.

Ryan Kamau
23 years old

Trevor Mjomba
22 years old

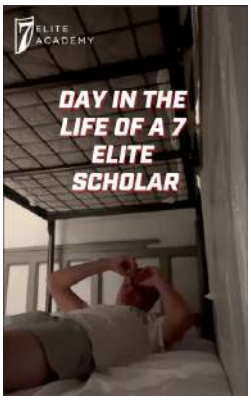
Fisher Othiambo
18 years old

TRUE TALENTS OF AFRICA

A DAY IN THE LIFE...

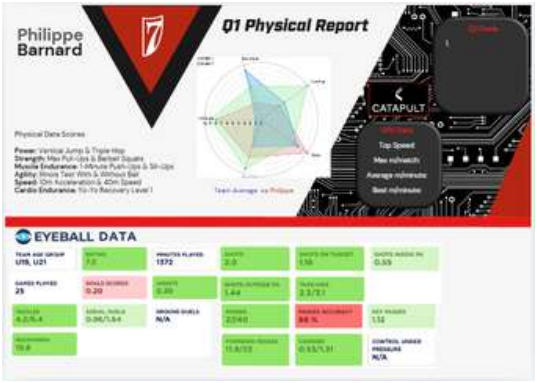
Want to see what life really looks like as a scholar at 7 Elite Cape Town? Step into a day with Udo, a Grade 11 player who's been with us since June 2025. His journey is a perfect example of what it means to truly balance it all — from staying focused in the classroom, putting in the work in the gym, and still making time to connect and socialise with teammates. This is more than just football, it's about building discipline, structure, and a lifestyle that supports both performance and personal growth. Take a look behind the scenes and see how our players manage the full 7 Elite experience...

CLICK HERE



PLAYER REPORTS

At 7 Elite Cape Town, player development is not based on opinion, it is measured, tracked, and analysed. This week, we are sharing individual player reports with all parents, providing a detailed breakdown of each player's performance and physical development. Each report includes key Eyeball data such as player ratings, goals scored, recoveries, and games played, alongside advanced GPS metrics like maximum speed, average intensity per minute, and peak performance moments. In addition, players receive a full overview of their physical performance across strength, power, speed, and endurance, giving a clear and accurate picture of where they currently stand. What sets 7 Elite apart is how this data is used to drive real improvement. These insights feed directly into individual development plans, allowing our coaches to tailor training, manage performance, and maximise each player's potential in a way that reflects the professional game.



CATAPULT

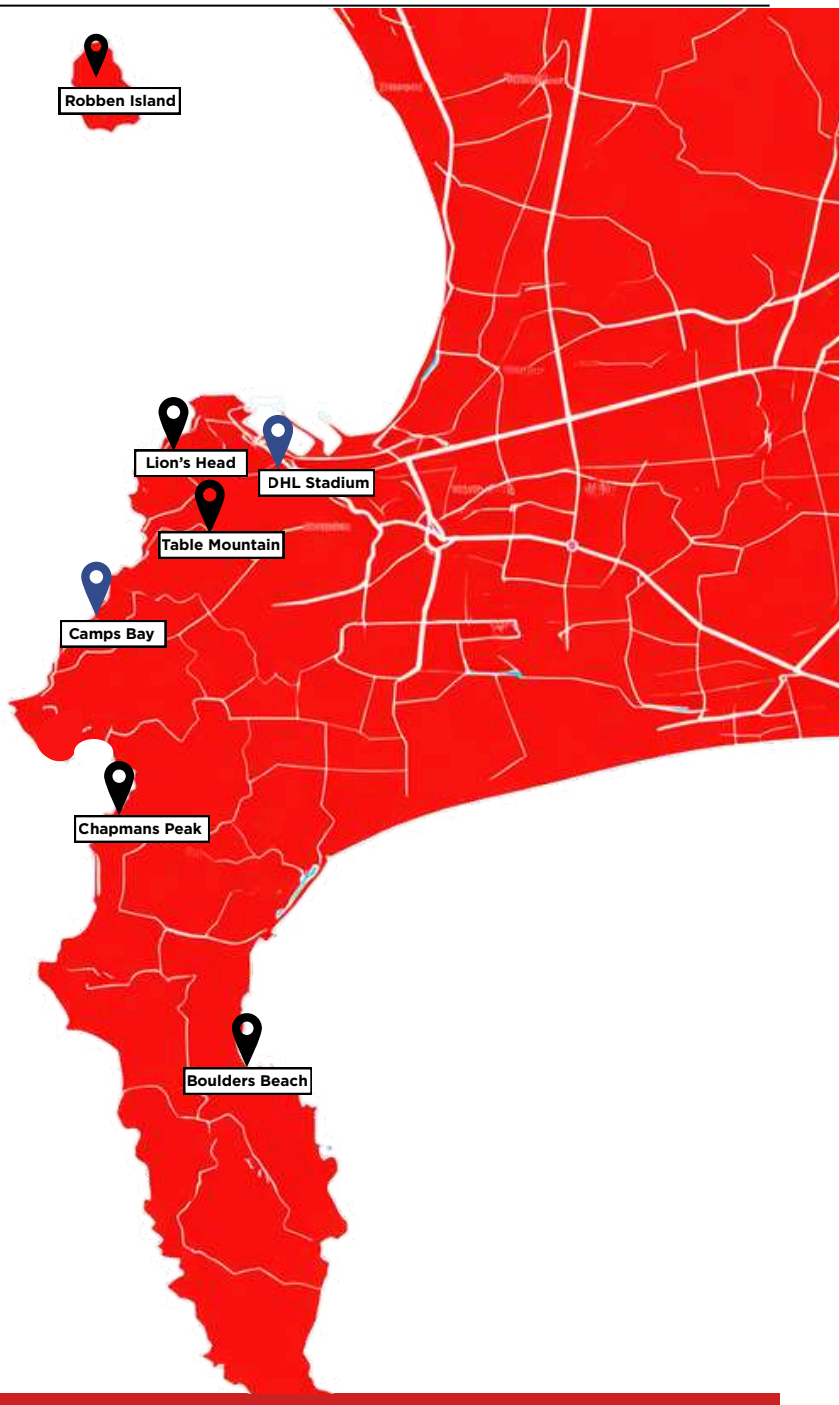
EYEBALL

ELITE 7:

Each year, we embrace our Annual Challenge—a tradition that goes beyond football, pushing players to grow through real-life experiences. It's all about making the journey just as rewarding as the destination. So far, we've completed 2 of our 7 challenges: first, we explored the Camps Bay tidal pools, and on Tuesday, 31 March, we took on our second challenge by visiting DHL Stadium to watch the Bafana Bafana vs. Panama match.

29%

THE ELITE 7



Camps Bay

DHL Stadium