ISSUE 04 / 1 MAY 2026

THE PRESS

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Player Spotlight

Jesse van As has been with us since the very beginning, and at 16 years old he is developing into one of the most exciting prospects 7 Elite has ever had.
A striker in the Harry Kane mould, he will soon have the chance to visit and train with our partners Fleetwood Town FC and Marine FC in the UK!

UPCOMING EVENTS

Coke Cup & Engen
3-31 May 2026
Next round of the Coke Cup on 3 May and the Engen U18 Cup on 17 May

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.

A DAY IN THE LIFE...

Last month, we featured Udo as one of our dedicated scholars, giving you a glimpse into the balance between academics and football at 7 Elite. This month, we shift the spotlight to Kmi, one of our Gap Year players, who is currently studying towards his BCom while fully immersed in life at the academy here in Cape Town.

Kmi's journey is a great example of what the Gap Year programme is all about — combining higher education with high-performance football in a structured, supportive environment. His days are carefully balanced between lectures, training sessions, gym work, and recovery, all while adapting to the demands of living away from home and growing as an individual.

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RAINY DAYS & FLOODLIT MORNINGS

As autumn settles in and the weather begins to shift, we've returned to a full and demanding schedule of league and cup fixtures. The change in season has brought a renewed sense of focus and intensity, with the group embracing the rhythm of consistent competition week in and week out.

It's been a particularly positive month for us overall. After a slower start to the season, the team has shown resilience and steady improvement, working their way back into a solid mid table position in the league. Performances have become more consistent, and there's a growing confidence within the team.

Alongside our league commitments, we remain actively involved in two of the country's major knockout tournaments — the Engen Tournament at U18 level and the Coca-Cola Cup at senior level. Both competitions present exciting opportunities for the players to test themselves in high-pressure environments and gain valuable experience against strong opposition.

RAIN OR SUN, THE WORK GETS DONE

WEDNESDAY COOK-OFFS

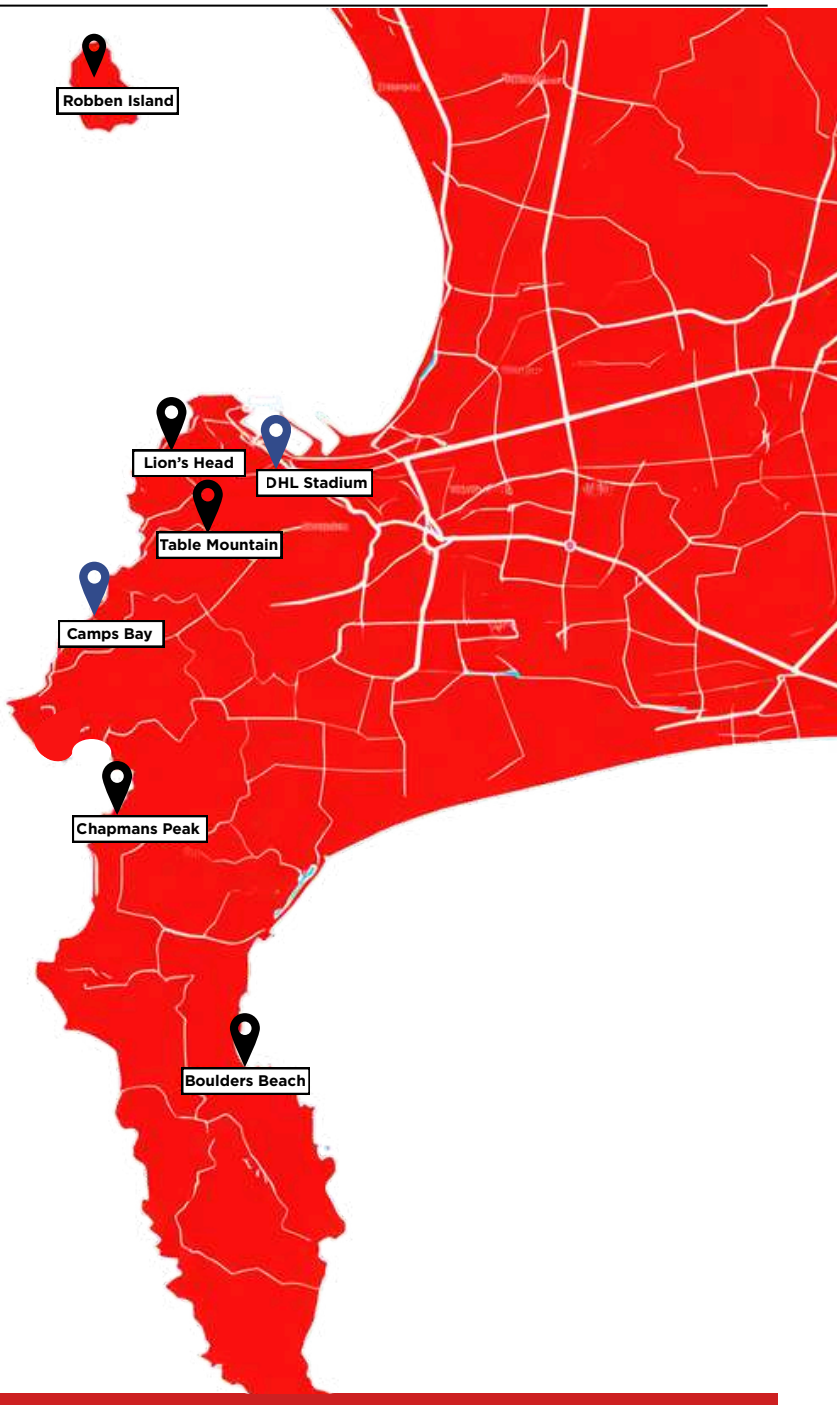
After all of our residents had a chance to prepare a meal for their teammates, we came to a dead heat, with the top 2 teams both scoring 41/50 from our resident gastronomic judge, Coach Alberto. The final round will see them squaring off against each other this month for the prize of a meal out, cooked by real chefs...

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

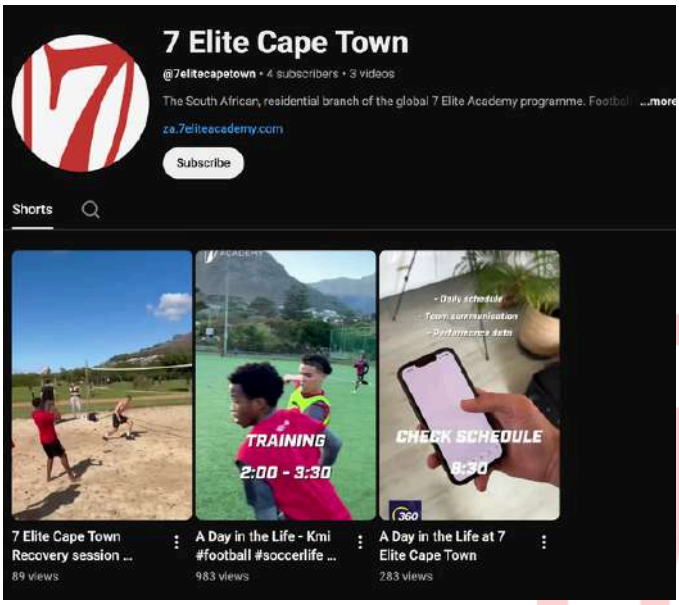


Camps Bay

DHL Stadium

SOCIAL MEDIA

Stay tuned on our Instagram, and don't forget—we've also launched a YouTube channel (@7elitecapetown) so you can follow along and stay updated with everything happening at 7 Elite each week!



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