



Edmonton Soccer Academy – 12-Week Hero Eagle Journey

Become a stronger player, teammate, and person - on and off the field!

Week 1 – Focus & Calm

For a week, take a deep breath before practice or school. When things feel hard, pause for 5 seconds, calm your mind, then try again.

Week 2 – Gratitude

For a week, every night, say or write three things you're thankful for—family, friends, soccer, anything that makes you happy.

Week 3 – Water-Only

For a week, drink only water this week. No soda or juice! Water keeps your body fast, your mind clear, and your energy high.

Week 4 – Family Help

For a week, do something kind for a family member without being asked—help with dishes, tidy your room, or walk the dog.

Week 5 – Active Every Day

For a week, move your body every day—go outside, juggle the ball, ride your bike, or play tag with friends.

Week 6 – Compliment a Teammate

For a week, say something nice to another player - “Good pass!” or “Great effort!”—to make them feel valued.

Week 7 – No Screen One Hour

For a week, pick one hour each day to go screen-free. Use that time to read, draw, or practice your soccer skills.

Week 8 – Learn a New Move

For a week, ask your coach, a friend, or YouTube to show you a new trick—then practice it until you can do it smoothly.



♥️ **Week 9 – Kindness in the Community**

For a week, hold the door for someone, smile, or help a neighbor. Small acts of kindness make a big difference.

🎓 **Week 10 – School Pride**

For a week, show respect in class, complete homework on time, and support classmates—be a champion off the field too.

🌙 **Week 11 – Early-to-Bed**

For a week, go to bed 15–30 minutes earlier each night. Rest helps you grow stronger and play your best.

★ **Week 12 – ESA Role Model**

For this week, reflect on your journey. What did you do best? What did you enjoy the most? What can you improve on?

Be the example others look up to at ESA.

🏆 **Milestones**

- After Week 4 → **Foundations of Character**
- After Week 8 → **Growth & Team Spirit**
- After Week 12 → **Leadership & Role Model**



Hero Eagle Rewards & Recognition Program

At the end of each milestone, participating eagles will get recognized in practice.

AND

At the end of the **12-Week Hero Eagle Journey**, every participant has a chance to be recognized for their effort, consistency, and attitude — not just their soccer skills!

Here's how it works:

1. Earn an ESA Medal

Every player who completes all 12 weeks receives an official **Edmonton Soccer Academy Medal** — a symbol of commitment, discipline, and growth.

You've earned it by showing consistency, effort, and great attitude both on and off the field.

2. Be Recognized as a “Hero Eagle”

Stand out for your dedication and leadership!

Selected players will be announced during practice and featured on our **social media pages** as official **Hero Eagles** of the season.

It's a badge of honour showing you've gone above and beyond.

3. Win a Share of the \$1,500 Hero Eagle Prize Pool

All Hero Eagle players will **split a \$1,500 prize** to reward their hard work (Maximum of \$200 per child)

It's our way of recognizing your effort, consistency, and teamwork.

4. Enter the Draw for Custom ESA Gear

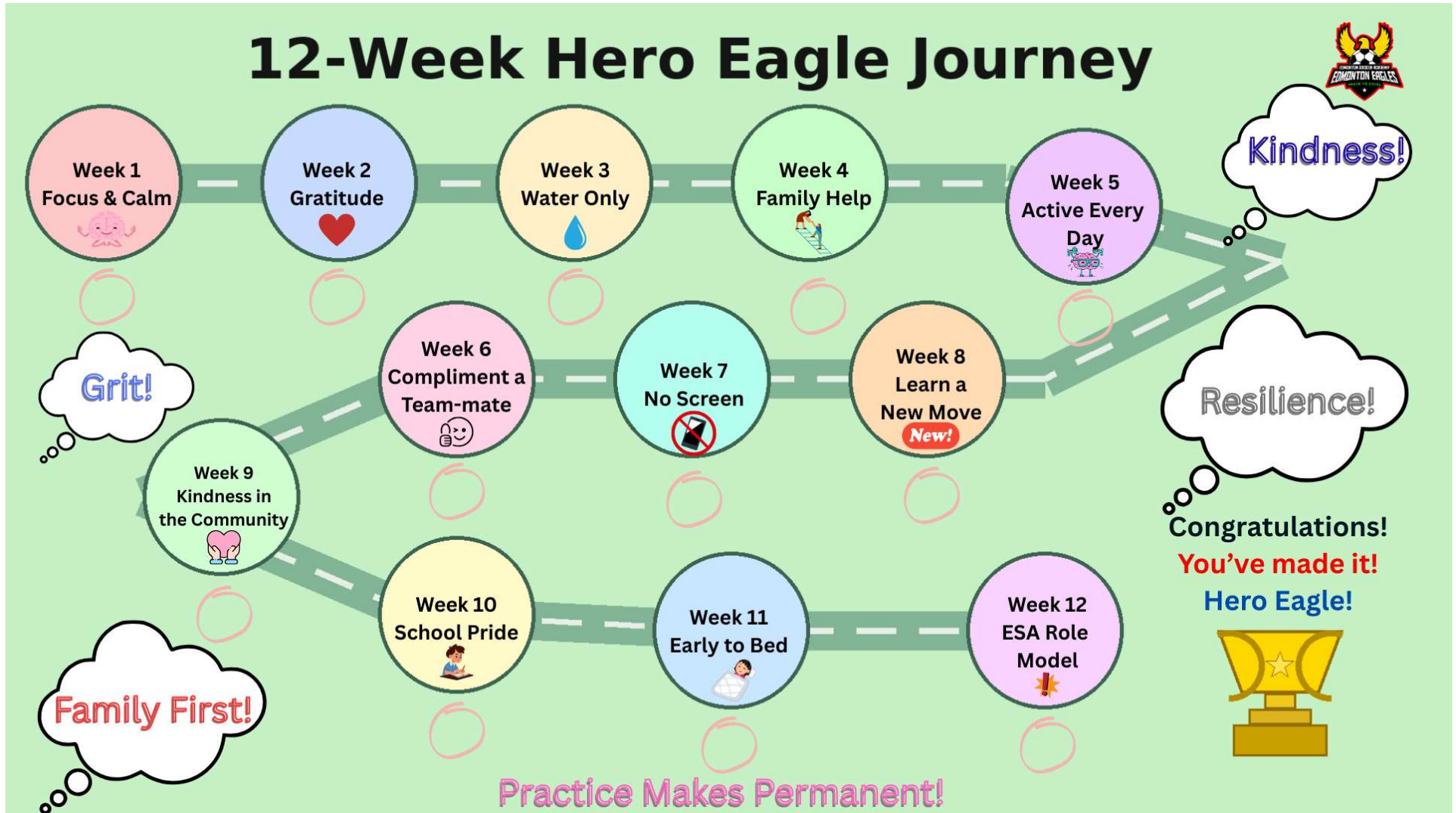
Everyone who completes the 12 weeks also enters a **special draw** to win:

- 1 Track Suit (**Jacket and Pant**)
- 1 Custom made **ESA Jersey**



Hero Eagle Name:

(Check the circle below each week's challenge)



Train to Excel!