

Sponsor A Star

Quarterly Report

Karachi United's Sponsor a Star Program: Nurturing Future Champions

The Karachi United's Sponsor a Star Program pioneering model for holistic youth development through sport. Anchored in football but extending far beyond the pitch, the Academy offers a structured a structured 8-year comprehensive development plan for the best talent of Karachi including Football, education, health and nutrition.

Over the past quarter, Karachi United's **Sponsor a Star** program has expanded its reach and strengthened its impact. A total of **23 young footballers** are now fully enrolled and supported through the program — marking a significant increase from the previous cycle. Each child continues to receive **professional football coaching, academic support, structured nutrition, and holistic mentoring**, ensuring growth both on and off the pitch.

These children come from some of Karachi's most underserved neighbourhoods, many from families earning as little as **\$40–\$100 per month**. Their progress this quarter reflects the transformative power of long-term, consistent support.

Quarterly Snapshot (This Quarter)

Indicator	Progress
Total Program Days	194
Meals Provided	387
Football Training Hours Delivered	341
Hours Spent in School	485

Football Development Highlights

With **341 dedicated training hours** delivered this quarter, players engaged in structured, periodized coaching designed to build long-term football intelligence and physical strength.

Weekly Training Themes

- Ball mastery & finishing school
- Tactical awareness and positional training
- Video analysis
- Strength, endurance, acceleration, agility

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.Academic Progress

With **485 hours spent in school**, academic development remained a core focus of the program. This quarter, the program ensured:

- Tailored academic guidance for varying grade levels
- Monthly assessments to track learning progress
- Learning difficulty screenings
- Daily homework support and study mentoring
- **85%+ average academic grades** maintained across the group



Health & Nutrition

A total of **387 meals** were provided this quarter, each prepared with calorie-tracking and growth needs in mind.

Key nutritional outcomes over the last six months:

- **Average weight gain:** 3.2 kg per child
- **Average height gain:** 2.7 cm per child
- Weekly high-protein meal planning
- Daily monitoring by KU's Strength & Conditioning coach

This structured nutrition continues to close the health and growth gaps commonly faced by children from low-income backgrounds.



What's Next

1. Cohort Expansion

Recruitment is underway to induct **10 new athletes** (born 2015–2017).
A new **30-day trial model** will shortlist 20 players before final selection.

2. Enhanced Health & Medical Support

- Regular medical checkups
- Growth assessments every six weeks
- Personalized performance nutrition plans

3. Strengthening Parent & Community Engagement

Upcoming parental sessions will focus on:

- Child wellbeing
- Nutrition education
- School–home coordination

Closing Note

With 23 players now enrolled — the highest number to date — Sponsor a Star continues to grow as one of Karachi United’s most impactful pathways for youth development. This quarter reflects not just progress, but momentum. With continued support, these young athletes will keep moving closer to their dreams, one training session, one meal, and one school day at a time.



