



A-Team Fitness Lifestyle



**community building
through sport**

Our details

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Who we are

The A-Team Fitness Lifestyle (known as the A Team) is a Not for Profit Organization founded by team coach John Claude Maphosa in 1999 in the quiet location of Cosmo City. The A Team's initial purpose is to develop individuals who want to follow an amateur or professional career in sports like body building and fitness, boxing, aerobics, athletics, volleyball and soccer.

Some of our professional sport initiatives include the Annual Soweto Petrus Molefe Eco Park Bodybuilding Event, which gives a platform to community members from Soweto to showcase their talents. The event comprises a 'healthy living' component, which gives exposure healthy lifestyles choices.

We give motivational talks in townships, such as in Alexandra geared to inspire the youth to stay focused and not give up on their goals regardless of what those goals may be.

The A Team is happy to promote and assist all athletes from all walks of life and Coach Claude is often called to provide his insight and expertise in various sport initiatives and competitions.

Our development initiatives now include Arts & Culture, student after-care and health and fitness for the elderly and people with special needs.

We are a multi-spectrum community service with partners that have the same heart to reach out to the public to change lives and create a culture of love and respect for all.



Thank you

A-Team Fitness Lifestyle would like to thank you for giving us the opportunity to submit this social investment proposal for assistance in our community development programs in Cosmo City.

We have a number of consistent healthy lifestyle initiatives which we run daily, weekly and annually - all of which contribute to the well-being of the residents of Cosmo City.

The help we may receive from you will enhance this offering and add to the benefit of all those who participate in our events especially since we are the only free health and fitness wellbeing resource for hundreds of people, young and aged.

This communication will outline the various events and groups involved and the needs that you could meet for each instance, if you choose to do so.

Programs and events

1. [A-Team Gym Senior Citizens](#)

A fitness and lifestyle program designed around the physical needs of senior citizens and the physically disabled. Attendees are registered with the clinic based at the Cosmo City Multiplex hall and meet every Tuesday, Thursday and Friday.

2. **Boys & Girls Youth Africa**

An after-school care and study program for Grade 8 to Grade 12 students that offers a chance to do homework with dedicated assistant teachers. This service is run daily Mondays to Fridays providing children with a safe environment where they are able to concentrate on their education with minimum disruptions.

3. **Pregnant Mothers Clinic Visits**

There are a number of pregnant women who visit the clinic.

4. [2nd Cosmo Classic and Kiddies Olympics](#)

This is an annual event that provides school soccer and netball teams from schools around the area an opportunity to test their athletic abilities.

5. **Food hampers for the general public**

We often provide this benefit to the public whenever the opportunity to do so arises.

What we need



[2nd Cosmo Classic and Kiddies Olympics](#)

At this event being held on 11 June 2016, we give school teams an opportunity to compete for:

- First prize of R4000 per team (2)
- Second prize of R3000 per team (2)
- Runner-up teams receive R1000 per team (2).

We have 22 Soccer teams and 22 Netball teams from schools in Johannesburg who will be coming to exhibit their skills in our event in Cosmo City.

We would like you to help us reward these aspiring athletes by providing them with vouchers or cash equivalents for being disciplined and excellent teamplayers.

Please assist us in recognising our young South Africans so that they will continue to rise above and beyond all expectations so that they in turn can do the same for others when they are able to do so.

Looking forward to your response.

Claude Maphosa

Founder of A-Team Fitness Lifestyle

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