



TAC SPORTS MEMBERS PACKAGE

STUDENT NAME:



***WHERE STUDENTS
LEARN BETTER,
PERFORM BETTER
AND BECOME
BETTER LEADERS***

INSIDE THE MEMBERS PACKAGE

- THE TAC SPORTS DIFFERENCE
- OUR MISSION
- THE 5 STAR DEVELOPMENT SYSTEM
- COMPLETE PROGRAM SYSTEM
- 4 PILLARS OF VALUE
- 5 STAR CRITERIA
- ACHIEVEMENTS





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The TAC Sports Difference

Toronto Athletic Camps (TAC Sports), operating since 2013, is unique among sport education academies. TAC Sports develops athletes and leaders. We create a positive environment full of support and motivation. We strive to build the life skills, sports skills, and self confidence of our students. Our systems and methods are developed by Kinesiology and Sports Psychology graduates, using the latest trends in sports psychology and physical development methods to achieve the greatest growth in our students.

5 Star Development System: The 5 Star Development System gives students 5 measurable levels to achieve with specific criteria outlined. This is specifically designed to increase motivation, knowledge retention, goal-setting skills and development.

Student Tracking System: The students are assessed in a thorough manner to ensure they are placed in the appropriate level of the development system. They are consistently tracked from program to program and re-assessed with detailed progress reports at the end of each program.

Complete Program Support System: TAC Sports offers a complete range of programs to ensure that every student is getting the exposure and skills they require in each stage of development.

Top Quality Coaches: TAC Sports has a rigorous coaching assessment system, hiring only the best coaches. The coaches need to be qualified in their sport field as well as have great energy and passion for teaching skills to children. TAC Sports has a very thorough training process to ensure the best quality.

Dedicated Leadership to the Sport Education Field: All of the Directors of TAC Sports have degrees in Kinesiology and Sports Psychology, setting out to be top coaches as their life goals. They hold significant experience in the sport education industry and bring all their knowledge and skill sets to TAC Sports.

TAC SPORTS MISSION

TO HAVE OUR STUDENTS ACHIEVE THEIR PERSONAL MAXIMUM SKILL, CONFIDENCE, AND LEADERSHIP POTENTIAL IN THE MOST RAPID WAY AND WITH THE MOST FUN

OUR MISSION

Our mission is to change the lives of over 100,000 students through helping them reach their maximum skill, confidence and leadership potential in the most rapid way and with the most fun. We strive to give our students the most support and have the best support tools in the industry for both students and parents. It is our goal to give our students the most complete development pathway and individual attention necessary to thrive and become incredible leaders.

OUR COACHES

TAC Sports strives to provide the best quality of coaching. All of our instructors are trained in FIRST--AID/CPR and in accordance with the National Coaching Certification Plan (NCCP) of Canada.

Our coaches are also trained through Canadian Sports for Life (CS4L) principles and use the Long Term Athlete Development (LTAD) model of growth, maturation and development for their lesson plans as set out by the Government of Canada.

TOP SAFETY

We have spent significant time developing our class attendance sheets, screening every coach for First Aid, and developing our Sign-in and Sign-out systems. We have emergency contact lists and injury forms to ensure proper diligence and follow-up in the event of an incident. We take safety very seriously.

THE TAC SPORTS OVERVIEW

4 PILLARS OF VALUE

Through our methods, systems and coaches, we aim to deliver 4 main areas of value to our students.

Health of Spirit is provided by making new friends, belonging to a team, and developing new skills in a positive setting.

Physical value involves obtaining better motor skills (co-ordination and balance) as well as improving overall body fitness (cardiovascular, musculoskeletal) and health.



Emotional value is given through positive self-image, confidence and the excitement of playing and learning a sport.

Our students learn sports skills, leadership skills and habits that will help them in their future endeavors.

5 STAR DEVELOPMENT SYSTEM™

TAC Sports created The 5 Star Development System™ to assist students to become more motivated, more confident, and more knowledgeable about their own development.

The 5 Star Development System™ includes 5 different levels with a symbolic colourful bracelet assigned to each level, similar to the coloured belts commonly found in various martial arts. Each of the different levels has specific criteria and achievements that need to be satisfied to advance to the next level of development.

Each different level specifies criteria and achievements for students to obtain for each sport.

BASIC OVERVIEW

MINI-STAR:

Beginner Ages 4-6



SHOOTING STAR:

Beginner-Intermediate



STAR:

Intermediate



SUPERSTAR:

Intermediate-Advanced



MEGASTAR:

Advanced



5 STAR

COMPLETE PROGRAM SYSTEM

STUDENT TRACKING

Each of our students is individually tracked in each of the sports they are enrolled in. They have an account and a history of their progress reports, current level of the 5 Star Development System™, their points of improvement, their strong points, and any additional notes pertaining to the student.

Students are tracked continuously throughout each of the different programs. The 5 Star Development System™ works across all types of programs, and students have the opportunity to get to the next level whether it be a development program, camp, competitive program or prep-academy.

COMPLETE PROGRAM SYSTEM

TAC Sports offers a complete program system to make sure that our students fulfill all their development needs, both in skill and in competitive experiences.



**TAC SPORTS - WHERE
STUDENTS LEARN
BETTER, PERFORM
BETTER AND BECOME
BETTER LEADERS.**



DEVELOPMENT PROGRAMS: Development programs are weekly hour-long programs designed for maximum skill training. Skills are developed according to the student's skill level. Sessions end with gameplay to consolidate the skills learned. These development classes are perfect for students of any skill level from beginner to advanced.

SPORTS CAMPS: Sports camps are week-long day camps that combine skill training with fun gameplay and activities. The Megastar™ learning technique involves combining rapid skill training and gameplay for maximum motivation, learning, and fun.

PREP-ACADEMIES: Prep-academies involve high-intensity training for students age 7-12 with a greater emphasis on developing positioning, tactics, and mental skills.

HOUSE LEAGUES: House leagues are designed for students to have gameplay experience in a positive, semi-competitive environment. Students learn tactics and positioning while being coached by a TAC Sports Coach.

TOURNAMENTS: Tournaments are designed for our students to develop performing under pressure in a competitive environment.



MEMBER OF THE
ONTARIO TENNIS
ASSOCIATION



5 STAR DEVELOPMENT SYSTEM TENNIS



MINI-STAR[®] TENNIS

YOUNG BEGINNER AGES 4-6

- CO-ORDINATION AND PHYSICAL LITERACY
- CO-ORDINATION AND PHYSICAL LITERACY
- FUNDAMENTAL GRIP AND READY-STANCE
- FUNDAMENTAL VOLLEY TECHNIQUE
- FUNDAMENTAL FOREHAND TECHNIQUE
- FUNDAMENTAL BACKHAND TECHNIQUE

MINI-STAR
COMPLETED DATE:



SHOOTING STAR[®] TENNIS

BEGINNER-INTERMEDIATE

- FUNDAMENTAL FOREHAND TECHNIQUE AND POSITIONING
- FUNDAMENTAL BACKHAND TECHNIQUE AND POSITIONING
- FUNDAMENTAL VOLLEY TECHNIQUE AND POSITIONING
- FUNDAMENTAL OVERHEAD SMASH TECHNIQUE AND POSITIONING
- UNDERSTANDING THE RULES AND GAME PLAY OF TENNIS

SHOOTING-STAR
COMPLETED DATE:



STAR[©] TENNIS



INTERMEDIATE

- REFINEMENT OF FOREHAND, BACKHAND, VOLLEY, AND OVERHEAD SMASH
- RALLYING TECHNIQUE AND POSITIONING
- CORRECT CHOICE OF STROKES IN DIFFERENT SITUATIONS ACCURACY OF STROKES
- INTRODUCTION TO SERVING

STAR COMPLETED
DATE:



SUPERSTAR[©] TENNIS



INTERMEDIATE-ADVANCED

- REFINEMENT OF SERVING TECHNIQUE
- FOREHAND AND BACKHAND VOLLEYS
- TOPSPIN AND BACKSPIN ARE INTRODUCED
- GAME STRATEGY SUCH AS NET PLAY AND BASELINE PLAY ARE INTRODUCED
- REFINEMENT OF ALL STROKES FOCUSING ON POWER AND ACCURACY

SUPER STAR
COMPLETED DATE:



MEGASTAR[®] TENNIS



ADVANCED

- REFINEMENT OF SERVING TECHNIQUE AND STRATEGY
- SINGLES AND DOUBLES GAMEPLAY STRATEGY AS WELL AS PLAYING STYLE
- TOPSPIN AND BACKSPIN ARE COMBINED WITH GAMEPLAY STRATEGY
- TRAINING IS DONE UNDER PRESSURE AND AT TOP SPEED
- MENTAL SKILLS AND STRATEGY

MEGASTAR
COMPLETED DATE:



STUDENT NOTES

WHAT HAVE I LEARNED:

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WHAT HAVE I ACHIEVED:

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WHAT HABITS DO I HAVE TO START TO TAKE ME TO THE NEXT LEVEL:

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TENNIS ACHIEVEMENTS

Students have the chance to earn achievements on their way to completing their Star Levels.



QUICKSPEED

Student has demonstrated quickness of execution for one of the learned skills.



AGILE

Student has demonstrated a great ability to move and adjust their feet for proper hitting technique.



LEADER

Student has demonstrated a great ability to stay positive and rally teammates during gameplay.



GOAL SETTER

Student has set a goal and achieved it during the session.



MENTAL TOUGHNESS

Student has demonstrated the ability to stay calm under pressure.



SNIPER

Student has demonstrated accuracy in their hitting technique.



WELL-BALANCED

Student has demonstrated well-rounded offensive and defensive strategy.



NET PLAY

Student has demonstrated very good net play.



PASSION-FIRED

Student has demonstrated great passion and enthusiasm for improving.



CELEBRATION

Student has demonstrated great passion by celebrating their great plays and victories.

TENNIS ACHIEVEMENTS

Students have the chance to earn achievements on their way to completing their Star Levels.



NEW SKILLZ

Student has demonstrated quickness of execution for one of the learned skills.



ACCURATE

Student has demonstrated a great ability to make the correct shot with accuracy under pressure.



CREATIVE

Student has demonstrated a great ability to be creative during gameplay.



COMEBACK KING/QUEEN

Student has surpassed odds and has come back to win during a gameplay in which they started losing!



POSITIVE PLAYER

Student has demonstrated a very positive attitude throughout training and gameplay.



LEADER

Student has demonstrated great leadership qualities.



VISION PLAYER

Student has demonstrated a great awareness of the opponent and has adjusted game strategy.



PERCENTAGE COMPLETE

Student has demonstrated a high percentage of successful technique repetitions.



GREAT SPORTSMAN

Student has demonstrated great sportsmanship and has treated players, refs, and coaches with respect.



COURAGEOUS

Student has demonstrated courage to try to go for winning play.

5 STAR DEVELOPMENT SYSTEM SOCCER



MINI-STAR[®] SOCCER

YOUNG BEGINNER AGES 4-6

- CO-ORDINATION AND PHYSICAL LITERACY
- FUNDAMENTAL PASSING TECHNIQUE USING INSTEP
- FUNDAMENTAL DRIBBLING TECHNIQUE USING THE LACES
- RECEIVE AND CONTROL THE BALL USING THE INSTEP
- FUNDAMENTAL SHOOTING TECHNIQUE USING THE LACES
- BASIC UNDERSTANDING OF THE SOCCER GAME AND RULES

MINI-STAR
COMPLETED DATE:



SHOOTING STAR[®] SOCCER

BEGINNER-INTERMEDIATE

- DEVELOP ALL FUNDAMENTAL SKILLS
- FUNDAMENTAL PASSING TECHNIQUE WITH BOTH FEET
- FUNDAMENTAL DRIBBLING TECHNIQUE WITH BOTH FEET
- FUNDAMENTAL SHOOTING TECHNIQUE WITH BOTH FEET
- AWARENESS OF TEAMMATES AND TACTICAL SENSE
- GOOD UNDERSTANDING OF GAMEPLAY

SHOOTING-STAR
COMPLETED DATE:



STAR[®] SOCCER



INTERMEDIATE

- INTRODUCTION TO ADVANCED SKILLS
- FUNDAMENTAL PASSING TECHNIQUE USING BOTH FEET
- MOVEMENT AND RUNNING OFF THE BALL
- ADVANCED DRIBBLING AND SHOOTING TECHNIQUES
- POSITIONING, STRATEGY AND TEAM PLAY
- INTRODUCTION OF PRESSURE PLAYS AND ACCURACY

STAR COMPLETED
DATE:



SUPERSTAR[®] SOCCER



INTERMEDIATE-ADVANCED

- ADVANCED TEAMPLAY AND TACTICS
- ADVANCED PASSING TECHNIQUES USING BOTH FEET
- ADVANCED DRIBBLING TECHNIQUES AT SPEED WITH A DEFENDER
- INTRODUCTION TO SPECIFIC POSITIONING
- FINISHING ACCURATELY AT SPEED WITH DEFENDERS AND A GOALIE

SUPER STAR
COMPLETED DATE:



MEGASTAR[®] SOCCER



ADVANCED

- ADVANCED SKILLS EXECUTED AT TOP SPEED
- ADVANCED PASSING TECHNIQUE EMPHASIZING BALL RETENTION & FIRST TOUCH
- ADVANCED DRIBBLING TECHNIQUE AT TOP SPEED WITH DEFENDERS & TACTICS
- SELECTING PROPER FINISHING TECHNIQUE UNDER PRESSURE
- REFINEMENT OF TEAM TACTICS WITH EMPHASIS ON SPECIFIC POSITIONS

MEGASTAR
COMPLETED DATE:



STUDENT NOTES

WHAT HAVE I LEARNED:

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WHAT HAVE I ACHIEVED:

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WHAT HABITS DO I HAVE TO START TO TAKE ME TO THE NEXT LEVEL:

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SOCCER ACHIEVEMENTS

Students have the chance to earn achievements on their way to completing their Star Levels.



QUICKSPEED

Student has demonstrated quickness of execution for one of the learned skills.



AGILE

Student has demonstrated a great ability to use both feet equally in executing technique.



LEADER

Student has demonstrated a great ability to stay positive and rally teammates during gameplay.



GOAL SETTER

Student has set a goal and achieved it during the session.



DEFENSIVE JUGGERNAUGHT

Student has demonstrated very good defending techniques and has limited the opponent to very few chances.



SNIPER

Student has demonstrated accuracy in their shooting technique.



WELL-BALANCED

Student has achieved top play in both offensive and defensive duties.



TOP-STOPPER

Student has demonstrated great ability to stopping opponents from scoring.



PASSION-FIRED

Student has demonstrated great passion and enthusiasm for improving.



VOCAL DOMINANCE

Student has demonstrated vocal dominance on the pitch and has demanded possession of the ball.

SOCCER ACHIEVEMENTS

Students have the chance to earn achievements on their way to completing their Star Levels.



NEW SKILLZ

Student has demonstrated quickness of execution for one of the learned skills.



ACTIVE RUNNER

Student has demonstrated a great ability to make the correct runs to open up play for their team.



CREATIVE

Student has demonstrated a great ability to be creative with passing, dribbling and shooting during gameplay.



COMEBACK KING

Student has surpassed odds and has comeback to win during a gameplay in which they started losing!



POSITIVE PLAYER

Student has demonstrated a very positive attitude throughout training and gameplay.



TEAM PLAYER

Student has demonstrated great ability to be a team player.



VISION PLAYER

Student has demonstrated a great awareness of the pitch and team mates!



PERCENTAGE COMPLETE

Student has demonstrated a high percentage of successful technique repetitions.



GREAT SPORTSMAN

Student has demonstrated great sportsmanship and has treated players, refs and coaches with respect.



GREAT PRESSURING

Student has demonstrated a very good ability to pressure the opponents.

5 STAR DEVELOPMENT SYSTEM BASKETBALL



MINI-STAR[®] BASKETBALL

YOUNG BEGINNER AGES 4-6

- CO-ORDINATION AND PHYSICAL LITERACY
- FUNDAMENTAL PASSING TECHNIQUE
- FUNDAMENTAL DRIBBLING TECHNIQUE USING DOMINANT HAND
- RECEIVE THE BALL USING PROPER CATCHING TECHNIQUE
- FUNDAMENTAL SHOOTING TECHNIQUE INTRODUCED
- BASIC UNDERSTANDING OF THE RULES OF THE GAME

MINI-STAR
COMPLETED DATE:



SHOOTING STAR[®] BASKETBALL

BEGINNER-INTERMEDIATE

- FUNDAMENTAL PASSING TECHNIQUE (CHEST, BOUNCE PASS)
- FUNDAMENTAL DRIBBLING TECHNIQUE WITH BOTH HANDS
- FUNDAMENTAL SHOOTING TECHNIQUE (SET SHOT, JUMP SHOT & LAY-UPS)
- AWARENESS OF TEAMMATES AND TACTICAL SENSE
- GOOD UNDERSTANDING OF SIMPLE GAMEPLAY

SHOOTING-STAR
COMPLETED DATE:



STAR[©] BASKETBALL



INTERMEDIATE

- INTRODUCTION TO ADVANCED SKILLS
- PASSING TECHNIQUES (CHEST, BOUNCE, OVERHEAD)
- MOVEMENT AND RUNNING OFF THE BALL
- ADVANCED DRIBBLING (CROSSOVER, CHANGING SPEEDS & DIRECTION)
- POSITIONING, STRATEGY AND TEAM PLAY
- SHOOTING WITH PRESSURE AND EMPHASIZING ACCURACY

STAR COMPLETED
DATE:



SUPERSTAR[©] BASKETBALL



INTERMEDIATE-ADVANCED

- ADVANCED TEAMPLAY AND TACTICS
- ADVANCED PASSING TECHNIQUES USING BOTH FEET
- ADVANCED DRIBBLING TECHNIQUES AT SPEED WITH A DEFENDER
- INTRODUCTION TO SPECIFIC POSITIONING
- FINISHING ACCURATELY AT SPEED WITH DEFENDERS AND A GOALIE

SUPER STAR
COMPLETED DATE:



MEGASTAR[®] BASKETBALL



ADVANCED

- ADVANCED SKILLS EXECUTED AT TOP SPEED
- ADVANCED PASSING TECHNIQUE EMPHASIZING BALL RETENTION & PROPER SPACING
- ADVANCED DRIBBLING TECHNIQUE AT TOP SPEED WITH DEFENDERS & TACTICS
- CURLING OFF SCREENS, UNDERSTANDING THE IMPORTANCE OF SET PLAYS
- REFINEMENT OF TEAM TACTICS, FURTHER EMPHASIS ON SPECIFIC POSITIONS
- FINISHING AT TOP SPEED WITH DEFENDERS

MEGASTAR
COMPLETED DATE:



STUDENT NOTES

WHAT HAVE I LEARNED:

WHAT HAVE I ACHIEVED:

WHAT HABITS DO I HAVE TO START TO TAKE ME TO THE NEXT LEVEL:

BASKETBALL ACHIEVEMENTS

Students have the chance to earn achievements on their way to completing their Star Levels.

	QUICKSPEED	Student has demonstrated quickness of execution for one of the learned skills.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	AGILE	Student has demonstrated a great ability to use both feet equally in executing technique.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	LEADER	Student has demonstrated a great ability to stay positive and rally teammates during gameplay.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	GOAL SETTER	Student has set a goal has set a goal and achieved it during the session.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	DEFENSIVE JUGGERNAUGHT	Student has demonstrated very good defending techniques and has limited the opponent to very few chances.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	SNIPER	Student has demonstrated accuracy in their shooting technique.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	WELL-BALANCED	Student has achieved top play in both offensive and defensive duties.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	TOP-STOPPER	Student has demonstrated great ability to stopping opponents from scoring.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	PASSION-FIRED	Student has demonstrated great passion and enthusiasm for improving.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	VOCAL DOMINANCE	Student has demonstrated vocal dominance on the pitch and has demanded possession of the ball.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

BASKETBALL ACHIEVEMENTS

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VISION PLAYER

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PERCENTAGE COMPLETE

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GREAT SPORTSMAN

Student has demonstrated great sportsmanship and has treated players, refs and coaches with respect.



GREAT PRESSURING

Student has demonstrated a very good ability to pressure the opponents.

TAC SPORTS MEMBER COMMITMENT

COMMITMENT

I commit to my own development, knowing that if I am consistent in my practice I will develop rapidly.

SIGNATURE _____

RESPECT

I respect my own development, my coaches and the TAC Sports System, knowing that respect is the foundation of sportsmanship and focus.

SIGNATURE _____

LEADERSHIP

I commit to being a leader both in sports and out of sports, always helping others to improve and leading by example.

SIGNATURE _____



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