



## TACStar Sport Camp Programming - Supplement Manual

### TACStar Sport Camp Programming (Ages 7-12):

- 1 Sport Per Half Day, switches at lunch OR 1 Sport Full Day
- Ages 7-12
- Ages 5-6 will be the exception for children who don't want Multi-sport

### Main Points of TACStar Sport Camp Programming

1. Opening Ceremonies and Games
2. 5 Star Student Handbooks and Achievements
  - a. No Online Progress Reports
3. Lesson Plans + Daily Skill Themes
4. Changing Sport Choices: Tuesday Deadline
5. Summer Water Activities
6. Award Ceremony
7. Tournament Days
8. Additional: Slow Motion Replays and Group Photos

#### 1. Opening Ceremonies and Games

- **Leader of Fun:** One of the head coaches is chosen as a Leader of Fun, who leads the opening ceremonies and addresses the campers ages 7-12. They also lead the TAC Chant.
- **Opening Talk:** The opening talk is lead by one of the head coaches and the coordinator. They review the specifics of the day and let the children know the programming. They review safety and the camp rules. First day only
- **TAC Chant:** The TAC Chant is lead by the Leader of Fun
- **Group Games:** Group games are run for the first 15 minutes following the start of camp
  - European Handball:
    - Two nets set up, divided into 7-9 year olds and 10-12 year olds
    - Three steps allowed, just like soccer but you use your hands to pass and score.
    - Use a volleyball to play or a soft size 3 or size 4 soccer ball
  - Dodgeball:

- Divide into 7-9 year olds and 10-12 year olds
- Play doctor dodgeball, nobody eliminated if possible

## 2. 5-Star Development System: Student Handbooks and Achievements

- **Who gets it:** Each of our students and campers' progress is individually tracked through our
  - Student Handbook
  - Corresponding Online Progress Manual.
- **What does it include:** Each student will receive a Student Handbook that lists
  - All skills for each sport
  - Allowing us tracking their progress on a very easy, step-by-step basis.
- **When do we give them assessments:** *At the end of each half day*
- **You do two things:**
  - **1. Check off the skills they've learned and the skill level they are currently at**
  - **2. Give them a daily achievement with a sticker**
- Students will bring their handbook home at the end of the week.
- Students can bring their student handbook to each of the corresponding programs, ensuring that their progress continues whether they are participating in a weekly sports camp, weekly lessons, our competitive programs or our prep-academies.
  - **No More Online Progress Reports**
- Students and Parents can access our Online Progress Manual which includes more descriptions of all the skills and achievements corresponding to the skill manual that the students bring home with them
- Online Progress Reports can be accessed online here: [tacsports.ca/5star](https://tacsports.ca/5star)

## 2. Lesson Plans + Daily Skill Themes

- Each coach will be required to submit a lesson plan for the specific age group and skill level that you've been assigned
- Each day you will be required to pick a theme from the Skill Manual according to your lesson plan for the week

Please see Appendix A for an example lesson plan!

### 3. Student Lists and Changing Sports (Tuesdays)

- Your student list will show you the names and the sports of what they are doing during the day
- These are going to be corrected and permanent by Tuesday

#### Rules on Changing Sports - Tuesday

- Students are allowed to change their sports after the first day, Monday
- After they've changed sports they have to stick with them from Tuesday-Friday

Student List - Example

|                   |  |
|-------------------|--|
| Legolas Greenleaf | Soccer (AM)<br>Tennis (PM)                                     |
| Jack Sparrow      | Soccer (AM)<br>Tennis (PM) Basketball (PM)<br>*Changed Tuesday |

### 4. Summer Water Games

- **When:** *Water games will happen just before snack and before continued play*
- **Water Wars:** Sponges will be available and students will be allowed to bring one water gun from home to participate in the water games.
- **Age Separated:** Ages 4-6 and 7-12 will be separated for the Water Wars. L.I.Ts 13+ will be allowed to supervise.
- **Coach Participation:** 1 Coach will be watching and the other coach will be in the game monitoring for safety

### 5. Award Ceremony (Fridays)

There will be 3 different types of Awards given to everyone participating in our TACStar Sport Programming. The goal:

- To award everyone in a ceremony
- To bring the camp together at the end of the week
- To make amazing feelings for everyone
- To make it specialized enough to feel like it's not a participation medal

#### Award Categories

- Leadership
- Sportsmanship
- Growth and Passion

Each camper will receive an award from one of these categories and will be congratulated on it, with the rest of the camp congratulating them. Only 1 award per student, decided on by the **2 coaches** that have taught them this week.

## 6. Tournament Days (Fridays)

- Tournament Days will be held on a Friday and will be an opportunity for students to test out all of their different skills learned during the week at camp.
- Run a series of games
- Team Tennis Matches, Soccer Matches, Basketball Games, MMA knee tap competitions and striking competitions.
- If you don't have enough children to run a full tournament with fixed teams, switch up the teams after every game.

## 7. Slow Motion Replays and Group Photos

- Slow Motion Replays are ordered through the TAC Sports website
  - Monday Slow Motion:** A slow motion is taken of 2 techniques they want to improve on the first day. 10 Second slow motion clip.
  - Friday Slow Motion:** A slow motion is taken of the same 2 techniques at the last day of camp

### Group Photos and Camp T-Shirts:

- Group photos are taken on the Thursday or Friday of camp. All campers are required to wear their camp t-shirts at ALL times for safety and uniformity.

**TACStar Programming Schedule**

|                 | Monday                           | Tuesday                          | Wednesday                        | Thursday                         | Friday                           |
|-----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <b>SPECIAL</b>  | <b>ASSESSMENT DAY (Theme 1)</b>  | <b>SKILL DAY (Theme 2)</b>       | <b>SKILL DAY (Theme 3)</b>       | <b>ATHLETE DAY (Theme 4)</b>     | <b>TESTING/TOURNAMENT</b>        |
| <b>8:00 AM</b>  | Before Care Games/Groups         | Before Care Games/Groups         | Before Care Games/Groups         | Before Care Games/Groups         | Before Care Games/Groups         |
| <b>9:00 AM</b>  | Opening Talk/Group Games         | Opening Talk/Group Games         | Opening Talk/Group Games         | Opening Talk/Group Games         | Opening Talk/Group Games         |
| <b>9:10 AM</b>  | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day |
| <b>9:30 AM</b>  | Sport Specific Training/ Games   | Sport Specific Training/ Games   | Sport Specific Training/ Games   | Sport Specific Training/ Games   | <b>TOURNAMENT</b>                |
| <b>10:00 AM</b> | Water Games                      | Water Games                      | Water Games                      | Water Games                      | Water Games                      |
| <b>10:30 AM</b> | Snack Break                      | Snack Break                      | Snack Break                      | Snack Break                      | Snack Break                      |
| <b>10:45 AM</b> | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           |
| <b>11:00 AM</b> | Sport Specific Training/Games    | Sport Specific Training/Games    | Sport Specific Training/Games    | Sport Specific Training/Games    | Student Handbook Achievements    |
| <b>11:50 AM</b> | Student Handbook Achievements    | Student Handbook Achievements    | Student Handbook Achievements    | Student Handbook Achievements    | <b>END OF WEEK AWARDS</b>        |
| <b>12:00 PM</b> | Lunch and Lunch Duties           | Lunch and Lunch Duties           | Lunch and Lunch Duties           | Lunch and Lunch Duties           | Lunch and Lunch Duties           |
| <b>12:30 PM</b> | Alternate Lunch Duties/ Cartoons | Alternate Lunch Duties/ Cartoons | Alternate Lunch Duties/ Cartoons | Alternate Lunch Duties/ Cartoons | Alternate Lunch Duties/ Cartoons |
| <b>12:30 PM</b> | Afternoon Sign-Ins               | Afternoon Sign-Ins               | Afternoon Sign-Ins               | Afternoon Sign-Ins               | Afternoon Sign-Ins               |
| <b>1:00 PM</b>  | Afternoon Games/Groups           | Afternoon Games/Groups           | Afternoon Games/Groups           | Afternoon Games/Groups           | Afternoon Games/Groups           |
| <b>1:10 PM</b>  | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day | Model Skills/Strategy of the Day |
| <b>1:30 PM</b>  | Sport Specific Training          | Sport Specific Training          | Sport Specific Training          | Sport Specific Training          | <b>TOURNAMENT</b>                |
| <b>2:00 PM</b>  | Water Games                      | Water Games                      | Water Games                      | Water Games                      | Water Games                      |
| <b>2:30 PM</b>  | Snack Break                      | Snack Break                      | Snack Break                      | Snack Break                      | Snack Break                      |
| <b>2:45 PM</b>  | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           | Alternate Snack Duties           |
| <b>3:00 PM</b>  | Sport Specific Training          | Sport Specific Training          | Sport Specific Training          | Sport Specific Training          | Student Handbook Achievements    |
| <b>3:45 PM</b>  | Student Handbook Achievements    | Student Handbook Achievements    | Student Handbook Achievements    | Student Handbook Achievements    | <b>END OF WEEK AWARDS</b>        |
| <b>4:00 PM</b>  | Sign Out + Clean Up              | Sign Out + Clean Up              | Sign Out + Clean Up              | Sign Out + Clean Up              | Sign Out + Clean Up              |
| <b>4-4:15PM</b> | Assist with Signout/Clean Up     | Assist with Signout/Clean Up     | Assist with Signout/Clean Up     | Assist with Signout/Clean Up     | Assist with Signout/Clean Up     |
| <b>4-5:30PM</b> | Aftercare Duty (Games/Video)     | Aftercare Duty (Games/Video)     | Aftercare Duty (Games/Video)     | Aftercare Duty (Games/Video)     | Aftercare Duty (Games/Video)     |