



# **5 STAR<sup>★</sup>** **DEVELOPMENT** **SYSTEM**

**STUDENT NAME**

**STUDENT HANDBOOK**

**SPORT 1:**

**SPORT 2:**

FUTURE STAR  
LEADER  
ELITE HARD WORKER

# STUDENT PROFILE

STUDENT NAME

10×★

FAVOURITE SPORT

10×★

FAVOURITE PLAYER

10×★

FAVOURITE MOVE

10×★

COLLECT POINTS FOR FILLING OUT THE BOOK



## TAC SPORTS BONUS

COMMITTMENT - PRACTICE YOUR  
SUPERSTAR SIGNATURE

### COMMITMENT

50×★

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

### RESPECT

50×★

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

### LEADERSHIP

50×★

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

50×★

On behalf of **TAC SPORTS** we are pleased to recognize and honour you for outstanding commitment to skill and leadership development at camp.



# CONGRATULATIONS!



# 5 STAR<sup>★</sup> DEVELOPMENT SYSTEM



**BEGINNER**



**BEGINNER - INTERMEDIATE**



**INTERMEDIATE**



**INTERMEDIATE - ADVANCED**



**ADVANCED**



**Proficient**

Student has been introduced to the skill and has basic ability to execute in isolation



**Good**

Student has a good understanding of the skill and is able to execute accurately in isolation



**Excellent**

Student as an excellent understanding of the skill and is able to execute accurately with speed and under pressure

## BASIC OVERVIEW

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 colour 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.

## 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.

## ONLINE PROGRESS REPORTS

The student handbook functions as a useful, ever-evolving progress report. Students are expected to take this with them to every program until they complete their different levels and achieve the TAC Star.

Parents can find more detailed explanations of each of the skills and download a fully explained progress report at:

[www.tacsports.ca/5star](http://www.tacsports.ca/5star)







# TAC SPORTS STAR DEVELOPMENT SYSTEM

**DEVELOPMENT PROGRAMS**

**SPORTS CAMPS**

**ACADEMY TEAMS**

**LUNCH & AFTERSCHOOL PROGRAMS**

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## **THANK YOU TO OUR CONTRIBUTORS**

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**Locations Across the GTA**