



TAC SPORTS PRESENTS
**LEADERS OF
TOMORROW**
*MIDDLE SCHOOL AND HIGH
SCHOOL PROGRAMMING*

HEALTH, WEALTH AND CONFIDENT LEADERSHIP

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TAC Sports offers extensive programming for the high school and junior high school level. Our programs are designed to help our young adults discover their leadership ability, passions, and the core principals of succeeding in our society. Our programs can be offered as a bonus in careers in and civics programming to supplement the Ontario Curriculum, or 8-10 week programs that can be done for 1 hour a week after school, weekend or lunch time program.

THE THREE PILLARS OF THE LEADERS OF TOMORROW

THE SUCCESSFUL LEADER LEADERSHIP AND PUBLIC SPEAKING GRADES 5 - 12

The successful leader deals with leadership and public speaking principals, and the core foundations and principles of success. Students discover their core passions, learn how to set goals, mind-map their success and monitor results through tracking and journaling.

Students learn how to create speeches, become persuasive orators, and will practice public speaking in front of their peers and in front of the camera.

BUILDING VALUE FINANCIAL INTELLIGENCE GRADES 7 - 12

Our basic financial literacy programming course takes students through basic financial literacy and introduces advanced concepts. Students will learn about credit vs. debit, spending assets vs. liabilities, the entrepreneurial mindset, building and giving value within the capitalist economy.

Students will take on their own entrepreneurial projects and will examine investment vehicles such as the stock market and basic principles of real estate investing. The money course that you wish you had when you were young. The course is delivered by highly trained graduates of Finance, Accounting and Business.

FIT, STRONG AND MIGHTY STRENGTH TRAINING, NUTRITION, AND SELF-IMAGE GRADES 5 - 12

Our flagship strength training and nutrition program delivers the latest knowledge in building core and functional strength, nutritional principals and self image. Students learn how to design their own training regime, eat for maximal health and nutrition.

Students also learn mental sports psychological techniques. This is for all students, whether they are looking to learn about health and fitness or who already play competitively on a sports teams.

Students will utilize the latest technology to discover their heart rate monitors. The course is delivered by TAC professionals trained in Strength Training, Nutrition, and Kinesiology.

FIT. STRONG. MIGHTY

FUNCTIONAL STRENGTH, NUTRITION, AND SELF IMAGE

“Fit.Strong.Mighty” is a program designed for increasing body strength, fitness, and a confident self-image for students developed by Toronto Athletic Camps Inc.

There is a significant lack of attention to building a healthy lifestyle for teens in the current high-school curriculum. There is little instruction on proper fitness principles, how to create and maintain an ideal body, and how to eat with proper nutrition. It is a priority for teens to learn. Our course focuses on students between the ages of 10-18 and grades 5-12.

It is our mission to teach students how to build a body they are proud of, be confident in the knowledge of how to maintain an active lifestyle, and how to increase self-image while creating a positive vision for their future health and relationship goals.

THE PRIMARY PILLARS AND LEARNINGS OF THE PROGRAM ARE:

01. Body weight training and muscle strengthening
02. Stretching and body maintenance
03. Learning the concepts of basic nutrition and meal planning
04. Understanding metabolism, body structures and different body types
05. Understanding how to create a training plan with proper environmental factors
06. Mental health and self-image training
07. Journaling, hunter-gatherer mediation, and the gratitude mindset

The program was created by Alexander Arthur (B.A Kinesiology and Sports Psychology, York University, Member of Ultimate Fitness Events- Fitness Modelling) and is carried out by expert coaches in the fields of personal training, yoga and psychology. All coaches have their first aid and NCCP training.

EQUIPMENT:

(MODIFIED ACCORDING TO AGE GROUP)

- Ladders
- Cones
- Medicine Balls
- Kettlebells
- Yoga Mats

SPACE NEEDED:

(ANY OF THE FOLLOWING)

- Larger classroom
- Large or Small Gym Space
- Yoga Studio
- Studio Space

PROGRAM DURATION AND LENGTH - 8 WEEKS

THE SUCCESSFUL LEADER

PRINCIPLES OF SUCCESS, LEADERSHIP AND PUBLIC SPEAKING

The Successful Leader program is a program designed for high-school students focused on helping them discover their passions, goal setting, key success habits, learning how to create speeches, and learning how to speak in front of others in public.

The current standard curriculum is much lacking in the principals of success, leadership and helping students discover their loves and passions. The high-school years are ones of discovery, sensitivity and insecurity about where life will take you.

Our program is fantastic supplement to careers courses in high schools or as a weekly lesson during the lunch or after-school time slots. Our program will help build confidence, help students become more efficient in learning and practice, and help students create and attain goals.

THE CORE TENETS OF THE PROGRAM ARE:

01. Discovering Passion
02. Principles of Learning
03. Goal Setting
04. Speech Making
05. How to be a Persuasive Speaker
06. Vocal Projection
07. Body Posture
08. Social Empathy
09. Active Listening
10. 100% Responsibility



SPACE NEEDED: (ANY OF THE FOLLOWING)

- Larger classroom

8-10 WEEK PROGRAMMING

BUILDING VALUE AND WEALTH

FINANCIAL INTELLIGENCE

BUILDING VALUE - FINANCIAL INTELLIGENCE - GRADE 7-12

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Students will take on their own entrepreneurial projects and will examine investment vehicles such as the stock market and basic principles of real estate investing. The money course that you wish you had when you were young. The course is delivered by highly trained graduates of Finance, Accounting and Business.

THE CORE PRINCIPALS OF THE BUILDING VALUE PROGRAM WILL BE THE FOLLOWING:

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|---|---|
| 01. Credit vs. Debit | 07. Proper Budgeting |
| 02. Assets vs. Liability | 08. Mental techniques |
| 03. Basic Business | 09. Insurance Costs |
| 04. Importance of Time Vs. Money | 10. Education Costs and Benefits |
| 05. Multiplying Time | 11. What to expect from High School and University |
| 06. Entrepreneurial Mindset | |

SPACE NEEDED: (ANY OF THE FOLLOWING)

- Larger classroom

8-10 WEEK PROGRAMMING



