

DATE:

STAR NAME:

★ **Three Levels of Performance**

- Accuracy - Skills are learned and can be performed accurately.
- Speed - Skills can be performed accurately at speed.
- Pressure - Skills can be performed accurately at speed under pressure.

★ **Quality + Quantity = Genius** "The legends of each sport can perform all the skills of the game accurately with speed and under pressure and have practiced more quality repetitions than their competition."

	STEPS	TECHNIQUE	CREATIVITY	CHOREOGRAPHY	COORDINATION
	Gallops <input type="checkbox"/>	Pointed Toes and Strong Arms <input type="checkbox"/>	Able to Work in Groups <input type="checkbox"/>	Understanding of Choreography <input type="checkbox"/>	Able to Coordinate Arms and Feet <input type="checkbox"/>
	Skips <input type="checkbox"/>	High Knees and Pointed Toes <input type="checkbox"/>	Able to Work Well in Groups <input type="checkbox"/>	Able to Follow Steps <input type="checkbox"/>	Able to Coordinate Arm, Feet and Head <input type="checkbox"/>
	Chasse <input type="checkbox"/>	Proper Footing and Strong Posture <input type="checkbox"/>	Proper Footing and Strong Posture <input type="checkbox"/>	Ability to Execute Steps with Musicality <input type="checkbox"/>	Able to Link Steps Together with Music <input type="checkbox"/>
	Sparkle Jumps <input type="checkbox"/>	Stretched Legs and Strong Arms <input type="checkbox"/>	Able to Create Intricate Steps <input type="checkbox"/>	Executing Steps Well with Musicality <input type="checkbox"/>	Ability to Execute Steps with Awareness and Agility <input type="checkbox"/>
	Rolls <input type="checkbox"/>	Straight Posture and Quick Movements <input type="checkbox"/>	Able to Create Intricate Dance Patterns <input type="checkbox"/>	Able to Remember and Execute Steps <input type="checkbox"/>	Good Coordination with Musicality <input type="checkbox"/>
	Splits <input type="checkbox"/>	Stretched Legs and Improving Flexibility <input type="checkbox"/>	Able to Create Intricate Patterns Well <input type="checkbox"/>	Able to Repeat a Whole Routine Well <input type="checkbox"/>	Good Coordination with Musicality and Technique <input type="checkbox"/>
	Pirouettes <input type="checkbox"/>	Able to do 1, 2, or 3 Pirouettes <input type="checkbox"/>	Works Very Well in Groups and with Creation <input type="checkbox"/>	Executes Routine Very Well <input type="checkbox"/>	Very Good Coordination and Body Awareness <input type="checkbox"/>
	Chenes <input type="checkbox"/>	Stretched Legs and Proper Arm Placement <input type="checkbox"/>	Able to Work in Any Group Very Well <input type="checkbox"/>	Executes Routine with Style and Creativity <input type="checkbox"/>	Strong Coordination and Body Awareness <input type="checkbox"/>
	Batements <input type="checkbox"/>	Stretched Knees and Height of Legs <input type="checkbox"/>	Able to Create Advanced Patterns <input type="checkbox"/>	Executes Choreography Very Well <input type="checkbox"/>	Very Strong Body Awareness <input type="checkbox"/>
	Split Jumps <input type="checkbox"/>	Stretched Knees and Level of Flexibility <input type="checkbox"/>	Able to Create Any Style of Patterns Extremely Well <input type="checkbox"/>	Executes Routine Perfectly With Style <input type="checkbox"/>	Excellent Body Awareness <input type="checkbox"/>

All Skills are Now on YouTube

TAC Sports Coaches take you step-by-step through each of the 50 skills listed on the progress report. Students can use the videos as reference guides to continue to increase their skills! Simply go to Youtube.com and search for TAC Sports channel! All videos are sorted under Playlists.

AWARDS OF THE WEEK



MVP



MOST IMPROVED PLAYER



MOST COACHABLE PLAYER



BEST TEAM PLAYER



MOST PASSIONATE PLAYER