



TCBOOST™

SPORTS PERFORMANCE

COLLEGE ATHLETIC DEVELOPMENT PROGRAM (18-24 Yrs Old)

2019 SUMMER ADP PHASE: MAY 13th - AUGUST 11th (13 WEEKS)

WEEKLY SCHEDULE

MON	11:00AM & 5:30PM
TUE	11:00AM & 5:30PM
WED	11:00AM & 5:30PM
THU	11:00AM & 5:30PM
FRI	Off Day
SAT	Off Day
SUN	Facility Closed

ADP PRICING OPTIONS

Designed to help athletes break free from the competition. This **2 hour**, small group comprehensive approach helps develop *speed, strength, power and athleticism*. Commit to our program and you will see amazing results come gametime. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.** *Athlete(s) may participate in Varsity ADP during off days.

Seasonal Unlimited	\$1287	13WK Total
1 Month Unlimited	\$450	
ADP 10 Pack*	\$575	
Drop-In	\$75	

* 10 Pack expires 3 months from date of first use

TCBOOST@TCBOOST.COM | 847.559.2307

600 S Waukegan Rd. #122, NORTHBROOK, IL

ENGINEERED RESULTS™ >>>



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S P O R T S P E R F O R M A N C E

COLLEGE SPEED PROGRAM (18-24 Yrs Old)

2019 SUMMER SPEED PHASE: MAY 13th - AUGUST 11th (13 WEEKS)

WEEKLY SCHEDULE

MON	11:00AM & 5:30PM
TUE	11:00AM & 5:30PM
WED	11:00AM & 5:30PM
THU	11:00AM & 5:30PM
FRI	Off Day
SAT	Off Day
SUN	Facility Closed

SPEED PRICING OPTIONS

Designed to help athletes break free from the competition. This 60-minute, small group session is designed to **focus on speed development** while also incorporating power, agility, and plyometrics. To see maximum results you should commit to 2x/week during the off-season. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.**

1 Month Unlimited	\$330
10 Pack*	\$425
5 Pack*	\$235
Drop-In	\$55

* 5 and 10 packs expire 3 months from date of first use





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S P O R T S P E R F O R M A N C E

VARSITY ATHLETIC DEVELOPMENT PROGRAM (15-18 Yrs Old)

2019 SUMMER ADP PHASE: JUNE 10th - AUGUST 17th (10 WEEKS)

WEEKLY SCHEDULE

MON	10:30AM 1PM 5:30PM
TUE	10:30AM 1PM 5:30PM
WED	10:30AM 1PM 5:30PM
THU	10:30AM 1PM 5:30PM
FRI	10:30AM 1:00PM
SAT	10:30AM

* Schedule subject to change based on attendance. Please refer to website for most up-to-date schedule including additional or cancelled classes. 1PM and 5:30PM classes are combined JV/Varsity. Groups will be split based on age and attendance.

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ADP PRICING OPTIONS

Designed to help athletes break free from the competition. This **90-minute**, small group comprehensive approach helps develop *speed, strength, power and athleticism*. To see maximum results you should commit to 2x/week during the off-season. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.** Seasonal unlimited must be purchased by June 25th, 2019.

Seasonal Unlimited	\$999	10/WK Total
1 Month Unlimited	\$450	
ADP 10 Pack*	\$575	
ADP 5 Pack*	\$325	
Drop-In	\$75	

* 5 and 10 packs expire 3 months from date of first use

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S P O R T S P E R F O R M A N C E

VARSITY SPEED PROGRAM (15-18 Yrs Old)

2018 SUMMER PHASE: JUNE 10th - AUGUST 17th (10 WEEKS)

WEEKLY SCHEDULE

MON	10:30AM 1PM 5:30PM
TUE	10:30AM 1PM 5:30PM
WED	10:30AM 1PM 5:30PM
THU	10:30AM 1PM 5:30PM
FRI	10:30AM 1:00PM
SAT	10:30AM

* Schedule subject to change based on attendance. Please refer to website for most up-to-date schedule including additional or cancelled classes. 1PM and 5:30PM classes are combined JV/Varsity. Groups will be split based on age and attendance.

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SPEED PRICING OPTIONS

Designed to help athletes break free from the competition. This **60-minute**, small group session is designed to focus on speed development while also incorporating power, agility, and plyometrics. To see maximum results you should commit to 2x/week during the off-season. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.**

1 Month Unlimited	\$330
10 Pack*	\$425
5 Pack*	\$235
Drop-In	\$55

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S P O R T S P E R F O R M A N C E

JV ATHLETIC DEVELOPMENT PROGRAM (12-14 Yrs Old)

2019 SUMMER ADP PHASE: JUNE 10th - AUGUST 17th (10 WEEKS)

WEEKLY SCHEDULE

MON	9AM 1PM 5:30PM
TUE	9AM 1PM 5:30PM
WED	9AM 1PM 5:30PM
THU	9AM 1PM 5:30PM
FRI	9:00AM 1:00PM
SAT	9:00AM

* Schedule subject to change based on attendance. Please refer to website for most up-to-date schedule including additional or cancelled classes. 1PM and 5:30PM classes are combined JV/Varsity. Groups will be split based on age and attendance.

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ADP PRICING OPTIONS

Designed to help athletes break free from the competition. This **90-minute**, small group comprehensive approach helps develop *speed, strength, power and athleticism*. To see maximum results you should commit to 2x/week during the off-season. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.** The Seasonal Unlimited must be purchased by June 24th, 2019.

Seasonal Unlimited	\$999	10/WK Total
1 Month Unlimited	\$450	
ADP 10 Pack*	\$575	
ADP 5 Pack*	\$325	
Drop-In	\$75	

* 5 and 10 packs expire 3 months from date of first use

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S P O R T S P E R F O R M A N C E

JV SPEED PROGRAM (12-14 Yrs Old)

2019 SUMMER PHASE: JUNE 10th - AUGUST 17th (10 WEEKS)

WEEKLY SCHEDULE

MON	9AM 1PM 5:30PM
TUE	9AM 1PM 5:30PM
WED	9AM 1PM 5:30PM
THU	9AM 1PM 5:30PM
FRI	9:00AM 1:00PM
SAT	9:00AM

* Schedule subject to change based on attendance. Please refer to website for most up-to-date schedule including additional or cancelled classes. 1PM and 5:30PM classes are combined JV/Varsity. Groups will be split based on age and attendance.

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SPEED PRICING OPTIONS

Designed to help athletes break free from the competition. **This 60-minute**, small group session is designed to focus on speed development while also incorporating power, agility, and plyometrics. To see maximum results you should commit to 2x/week during the off-season. **You can purchase online, by calling or emailing us, or by downloading the TCBOOST App.**

1 Month Unlimited	\$330
10 Pack*	\$425
5 Pack*	\$235
Drop-In	\$55

*5 and 10 packs expire 3 months from date of first use



TCBOOST™

SPORTS PERFORMANCE

YOUTH ATHLETIC DEVELOPMENT PROGRAM (9 -11 Yrs Old)

SUMMER SCHEDULE 2019: JUNE 10th - AUGUST 17th (10 WEEKS)

WEEKLY SCHEDULE

MON	4:30PM
TUE	
WED	
THU	4:30PM
FRI	
SAT	9:00AM

* Schedule subject to change based on attendance. Please refer to website for most up-to-date schedule including additional or cancelled classes.

ADP PRICING OPTIONS

Preparing young athletes for their future by helping to develop excellent speed, agility and jumping mechanics. *This is a fun, energetic 60 MINUTE program that will get your young athlete active and moving right!* You can purchase online, call or email us, or by downloading the TCBOOST App. *

	Total
10 Pack*	\$299
Drop-In	\$35

* 10 Pack expires 3 months from date of first use

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