



# TCBOOST™

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 - 2020 SCHOOLYEAR AUGUST 19 - JUNE 7

### WEEKLY SCHEDULE

|     |                |
|-----|----------------|
| MON | 5:30PM         |
| TUE | 5:30PM         |
| WED | 5:30PM         |
| THU | 5:30PM         |
| FRI | 4:00PM         |
| SAT | 9:00AM 10:30AM |
| SUN | 2:00PM         |

### 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.**

|                   |       |
|-------------------|-------|
| 1 Month Unlimited | \$450 |
| ADP 5 Pack*       | \$325 |
| ADP 10 Pack*      | \$575 |
| Drop-In           | \$75  |

\* 10 & 5 Packs expire 3 months from date of first use

[TCBOOST@TCBOOST.COM](mailto:TCBOOST@TCBOOST.COM) | 847.559.2307

600 S Waukegan Rd. #122, NORTHBROOK, IL

ENGINEERED RESULTS™ >>>



# TCBOOST™

SPORTS PERFORMANCE

## VARSITY SPEED PROGRAM (15-18 Yrs Old)

2019 - 2020 SCHOOL YEAR AUGUST 19 - JUNE 7

### WEEKLY SCHEDULE

|     |                |
|-----|----------------|
| MON | 5:30PM         |
| TUE | 5:30PM         |
| WED | 5:30PM         |
| THU | 5:30PM         |
| FRI | 4:00PM         |
| SAT | 9:00AM 10:30AM |
| SUN | 2:00PM         |

### SPEED PRICING OPTIONS

This **60 minute** small group session is the **first 60 minutes** of our Athletic Development Program and is designed to focus on speed development while also incorporating power, agility, and plyometrics. Athletes who choose this training option are ideally lifting at their schools or on their own. To see maximum results you should commit to 2x/week during the off-season.

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

\* 10 & 5 Packs expires 3 months from date of first use





# TCBOOST™

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 - 2020 SCHOOL YEAR - AUGUST 19 - JUNE 7

### WEEKLY SCHEDULE

|     |                |
|-----|----------------|
| MON | 5:30PM         |
| TUE | 5:30PM         |
| WED | 5:30PM         |
| THU | 5:30PM         |
| FRI | 4:00PM         |
| SAT | 9:00AM 10:30AM |
| SUN | 2:00PM         |

### ADP PRICING OPTIONS

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|                   |       |
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| 1 Month Unlimited | \$450 |
| ADP 5 Pack*       | \$325 |
| ADP 10 Pack*      | \$575 |
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# TCBOOST™

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 - 2020 SCHOOL YEAR AUGUST 19 - JUNE 7

### WEEKLY SCHEDULE

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| MON | 5:30PM         |
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| WED | 5:30PM         |
| THU | 5:30PM         |
| FRI | 4:00PM         |
| SAT | 9:00AM 10:30AM |
| SUN | 2:00PM         |

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

\* 10 & 5 Packs expires 3 months from date of first use



# TCBOOST™

SPORTS PERFORMANCE

## YOUTH ATHLETIC DEVELOPMENT PROGRAM (9-11 YRS OLD)

2019 - 2020 SCHOOL YEAR AUGUST 19 - JUNE 7

### WEEKLY SCHEDULE

|     |        |
|-----|--------|
| MON |        |
| TUE | 4:00PM |
| WED | 5:00PM |
| THU |        |
| FRI |        |
| SAT | 9:00AM |
| SUN |        |

### ADP PRICING OPTIONS

Preparing young athletes for their future by helping to develop excellent speed, agility and jumping mechanics. *This is a fun, energetic 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. \*

|          | <u>Total</u> |
|----------|--------------|
| 10 Pack* | \$299        |
| Drop-In  | \$35         |

\* 10 Pack expires 3 months from date of first use

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