



# 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