



## JV ATHLETIC DEVELOPMENT PROGRAM (12-14 YRS OLD)

2017 FALL ADP PHASE: AUGUST 21<sup>ST</sup> - NOVEMBER 5<sup>TH</sup> (11 WEEKS)

### WEEKLY SCHEDULE

MON	5:30 <sup>PM</sup>
TUE	5:30 <sup>PM</sup>
WED	5:30 <sup>PM</sup>
THU	5:30 <sup>PM</sup>
FRI	4:00 <sup>PM</sup>
SAT	9:00 <sup>AM</sup> 12:00 <sup>PM</sup>
SUN	2:00 <sup>PM</sup>

### 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 May 1st.

Seasonal Unlimited (11/WK Total)	\$1,045
1 Month Unlimited	\$425
ADP 10 Pack*	\$550
Drop-In	\$65

\* 10 Pack expires 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™ >>>