



## VARSITY ATHLETIC DEVELOPMENT PROGRAM (15-18 YRS OLD)

UPDATED 2017 FALL ADP PHASE: SEPT 11TH - NOVEMBER 5TH (8 WEEKS)

### WEEKLY SCHEDULE

MON	4:00PM 7:00PM
TUE	6:00PM
WED	4:00PM 7:00PM
THU	6:00PM
FRI	4:00PM
SAT	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.**

Seasonal Unlimited (8/WK Total)	\$760
1 Month Unlimited	\$425
ADP 10 Pack*	\$550
Drop-In	\$65

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



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

UPDATED 2017 FALL ADP PHASE: SEPT 11TH - NOVEMBER 5TH (8 WEEKS)

### WEEKLY SCHEDULE

MON	5:30PM
TUE	5:30PM
WED	5:30PM
THU	5:30PM
FRI	4:00PM
SAT	9:00AM 12:00PM
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.**

Seasonal Unlimited (8/WK Total)	\$760
1 Month Unlimited	\$425
ADP 10 Pack*	\$550
Drop-In	\$65

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



## YOUTH ATHLETIC DEVELOPMENT PROGRAM (8-11 YRS OLD)

### 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. \***

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

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