



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



TCBOOST™

SPORTS PERFORMANCE

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