



TCBOOST™

SPORTS PERFORMANCE
ATHLETIC DEVELOPMENT PROGRAMS

2016 - 2017 SCHOOL YEAR SCHEDULE: AUGUST 22ND - JUNE 11TH

	YOUTH (9-11)	JV (12-14)	VARSITY (15-18)
	60 min. sessions	90 min. sessions	90 min. sessions
MON		5:30 PM	4:00 PM
TUE	4:00 PM	5:30 PM	6:00 PM
WED	5:00 PM	5:30 PM	4:00 PM
THU	4:00 PM	5:30 PM	6:00 PM
FRI		4:00 PM	4:00 PM
SAT	9:00 AM	9:00 AM 12:00 PM	10:30 AM
SUN		2:00 PM	2:00 PM

PROGRAM PILLARS

COMPREHENSIVE DEVELOPMENT PLAN

- DEVELOPS SPEED, STRENGTH, POWER
- NEEDS BASED

INDIVIDUALIZED COACHING

- EXPERIENCED STAFF
- DETAILED FOCUS ON PROPER MECHANICS

SMALL GROUP SETTING

- COMPETITIVE ENVIRONMENT
- SHARED COST

INJURY PREVENTION

- BALANCED TRAINING PROGRAM
- SPECIFIC PREHAB WORK

ATHLETIC CHARACTER DEVELOPMENT

- MENTOR/COACH ROLE

ENGINEERED RESULTS

- OBJECTIVE MEASURABLES
- SUBJECTIVE INTANGIBLES

INTRODUCTORY TRIAL OFFERS FOR NEW CLIENTS

INDIVIDUAL: \$99 for two weeks of unlimited ADP Training.

FAMILY: \$199 for two weeks of unlimited ADP Training for all the athletes in your family and **BOOSTFit: Adult Fitness for Mom & Dad.**

847.559.2307

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ENGINEERED RESULTS™ >>>

ADP PRICING – UNLIMITED MEMBERSHIPS & PACKAGES

VARSITY (15-18) & JV (12-14)

Designed to help athletes break free from the competition. This 90-minute comprehensive approach helps to develop speed, strength, power, and athleticism. To see maximum results, we suggest coming at least 2x/week during the off-season(s) and 1x/week in-season. Unlimited Memberships are 30 or 90 consecutive days from the first session. They can be purchased at any time (does not have to be 1st of the month).

* ADP Packs expire 1 year from date of first use

SESSION LENGTH
TOTAL PACKAGE

3-Month Unlimited	90 MIN	\$ 999
1-Month Unlimited	90 MIN	\$ 399
10 PACK	90 MIN	\$ 600

*20 & 30 Packs available upon request

YOUTH (8-11)

Preparing young athletes for their future by helping to develop excellent speed, agility and jumping mechanics. To see maximum results, we suggest coming at least 2x/week during the off-season(s) and 1x/week in-season. Unlimited Memberships are 30 or 90 consecutive days from the first session. They can be purchased at any time (does not have to be 1st of the month).

*ADP Packs expire 1 year from date of first use

SESSION LENGTH
TOTAL PACKAGE

3-Month Unlimited	60 MIN	\$ 649
1-Month Unlimited	60 MIN	\$ 249
10 PACK	60 MIN	\$ 450

*20 & 30 Packs available upon request

ADP WALK-IN RATE

Our walk-in rate is pay as you go for a single ADP session at a time. Call or book online to secure your spot in the class.

VAR. & JV	TOTAL	PER SESSION	PER HOUR
1 Sess.	90 MIN	\$ 65	\$ 65

YOUTH	TOTAL	PER SESSION	PER HOUR
1 Sess.	60 MIN	\$ 50	\$ 50

EASY MOBILE SIGNUP

1. Download the **TCBOOST App** from the App Store or Google Play Store on your phone.
2. *If New Client, fill out information and release
3. Go to **Buy Services** and select your package
4. After purchasing go to **Booking** and select ADP
5. Schedule your classes in advance
6. Get Fast

* Any questions? Just give us a call or email.