



# TCBOOST™

SPORTS PERFORMANCE  
ATHLETIC DEVELOPMENT PROGRAMS

2016 - 2017 SCHOOL YEAR SCHEDULE: AUGUST 22<sup>ND</sup> - JUNE 11<sup>TH</sup>

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

## 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

TCBOOST@TCBOOST.COM

600 Waukegan Rd #122, NORTHBROOK, IL

**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 1<sup>st</sup> 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 1<sup>st</sup> 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	\$ 43

  

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

[TCBOOST@TCBOOST.COM](mailto:TCBOOST@TCBOOST.COM) | 847.559.2307

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ENGINEERED RESULTS™ >>>