



VARSITY ATHLETIC DEVELOPMENT PROGRAM (15-18 YRS OLD)

2017 SUMMER ADP PHASE: JUNE 12TH - AUGUST 20TH (10 WEEKS)

WEEKLY SCHEDULE

MON	10:30AM 12PM 4PM
TUE	10:30AM 12PM 4PM
WED	10:30AM 12PM 4PM
THU	10:30AM 12PM 4PM
FRI	10:30AM 12:00PM
SAT	10:30AM
SUN	Off Day

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 must be purchased by June 12th.

Seasonal Unlimited (10 Week Total)	\$950
1 Month Unlimited (auto renew)	\$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)

2017 SUMMER ADP PHASE: JUNE 12TH - AUGUST 20TH (10 WEEKS)

WEEKLY SCHEDULE

MON	9AM 12PM 4PM
TUE	9AM 12PM 4PM
WED	9AM 12PM 4PM
THU	9AM 12PM 4PM
FRI	9:00AM 12:00PM
SAT	9:00AM
SUN	Off Day

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 June 12th.

Seasonal Unlimited (10 Week Total)	\$950
1 Month Unlimited (auto renew)	\$425
ADP 10 Pack*	\$550
Drop-In	\$65

* 10 Pack expires 3 months from date of first use



TCBOOST™

S P O R T S P E R F O R M A N C E

YOUTH ATHLETIC DEVELOPMENT PROGRAM (8-11 YRS OLD)

2017 SUMMER ADP PHASE: JUNE 12TH - AUGUST 20TH (10 WEEKS)

WEEKLY SCHEDULE

MON	9:30AM 4:30PM
TUE	9:30AM 4:30PM
WED	9:30AM 4:30PM
THU	9:30AM
FRI	9:30AM
SAT	9:00AM
SUN	Off Day

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