



# TCBOOST™

SPORTS PERFORMANCE

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

2018 - 2019 SCHOOL YEAR STARTING AUG. 20TH, 2018

### WEEKLY SCHEDULE

MON	5:30PM 6:30PM
TUE	5:30PM
WED	5:30PM 6:30PM
THU	5:30PM
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.**

1 Month Unlimited	\$450
ADP 5 Pack*	\$325
ADP 10 Pack*	\$575
Drop-In	\$75

\* 10 & 5 Packs expire 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

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

2018 - 2019 SCHOOL YEAR STARTING AUG. 20TH, 2018

### WEEKLY SCHEDULE

MON	5:30PM 6:30PM
TUE	5:30PM
WED	5:30PM 6:30PM
THU	5:30PM
FRI	4:00PM
SAT	9:00AM
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.** The Seasonal Unlimited must be purchased by May 1st.

1 Month Unlimited	\$450
ADP 5 Pack*	\$325
ADP 10 Pack*	\$575
Drop-In	\$75

\* 10 & 5 Packs expire 3 months from date of first use



# TCBOOST™

SPORTS PERFORMANCE

## YOUTH ATHLETIC DEVELOPMENT PROGRAM (9-11 YRS OLD)

2018 - 2019 SCHOOL YEAR - BEGINS AUG 20TH, 2018

### 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



# TCBOOST™

SPORTS PERFORMANCE

**VARSITY SPEED PROGRAM** (15-18 YRS OLD)  
 2018 - 2019 SCHOOL YEAR STARTING AUG. 20TH, 2018

## WEEKLY SCHEDULE

MON	5:30PM 6:30PM
TUE	5:30PM
WED	5:30PM 6:30PM
THU	5:30PM
FRI	4:00PM
SAT	10:30AM
SUN	2:00PM

## SPEED PRICING OPTIONS

Designed to help athletes break free from the competition. This 60-minute, small group session is designed to focus on speed development while also incorporating power, agility, and plyometrics. 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.**

1 Month Unlimited	\$330
10 Pack*	\$425
5 Pack*	\$235
Drop-In	\$55

\* 10 & 5 Packs expires 3 months from date of first use

[TCBOOST@TCBOOST.COM](mailto:TCBOOST@TCBOOST.COM) | 847.559.2307  
 600 S Waukegan Rd. #122, NORTHBROOK, IL





# TCBOOST™

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

## JV SPEED PROGRAM (12-14 YRS OLD)

2018 - 2019 SCHOOL YEAR STARTING AUG. 20TH, 2018

### WEEKLY SCHEDULE

MON	5:30PM 6:30PM
TUE	5:30PM
WED	5:30PM 6:30PM
THU	5:30PM
FRI	4:00PM
SAT	9:00AM
SUN	2:00PM

### SPEED PRICING OPTIONS

Designed to help athletes break free from the competition. This 60-minute, small group session is designed to focus on speed development while also incorporating power, agility, and plyometrics. 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.**

1 Month Unlimited	\$330
10 Pack*	\$425
5 Pack*	\$235
Drop-In	\$55

\* 10 & 5 Packs expire 3 months from date of first use

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

600 S Waukegan Rd. #122, NORTHBROOK, IL

