TCBOOST™

SPORTS PERFORMANCE

ATHLETIC DEVELOPMENT PROGRAMS

TRY YOUR FIRST ATHLETIC DEVELOPMENT CLASS FOR FREE!

2015 Fall PHASE: August 24th – November 1st

	YOUTH (8-11)	JV (12-14)	VARSITY (15-18)
	60 min. sessions	90 min. sessions	90 min. sessions
MON		5:30PM	4:00PM
TUE	4:00PM	5:30PM	6:00PM
WED	7:00PM	5:30PM 7:00PM	4:00PM
THU	4:00PM	5:30PM	6:00PM
FRI		4:00PM	
SAT	9:00AM 12:00PM	9:00AM 12:00PM	10:30AM 1:30PM
SUN		1:30PM	3:00PM

PROGRAM PILLARS

COMPREHENSIVE DEVELOPMENT PLAN
- DEVELOPS SPEED, STRENGTH, POWER
- NEEDS BASED

INDIVIDUALIZED COACHING
- EXPERIENCED STAFF
- DETAILED FOCUS ON PROPER MECHANICS

ENGINEERED RESULTS
- OBJECTIVE MEASURABLES
- SUBJECTIVE INTANGIBLES

SMALL GROUP SETTING
- COMPETETIVE ENVIRONMENT
- SHARED COST

INJURY PREVENTION
- BALANCED TRAINING PROGRAM
- SPECIFIC PREHAB WORK

ATHLETIC CHARACTER DEVELOPMENT
- MENTOR/COACH ROLE

847.559.2307 | TCBOOST@TCBOOST.COM
600 Waukegan Rd #122, NORTHBROOK, IL

ENGINEERED RESULTS™

ADP PRICING OPTIONS

OPTION 1: SEASONAL ADP PACKAGE (BEST VALUE)

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

Designed to help athletes break free from the competition. This comprehensive approach helps to develop speed, strength, power, and athleticism. *Sessions purchased with this pricing option expire after Nov. 1st, 2015.

		*10/WK TOTAL	PER SESSION	PER HOUR
3X/WK	90 MIN	$ 1,650	$ 55	$ 36
2X/WK	90 MIN	$ 1,100	$ 55	$ 36
1X/WK	90 MIN	$ 550	$ 55	$ 36

YOUTH (8-11)

Preparing young athletes for their future by helping to develop excellent speed, agility and jumping mechanics. *Sessions purchased with this option expire after Nov. 1st, 2015.

		*10/WK TOTAL	PER SESSION	PER HOUR
2X/WK	60 MIN	$ 800	$ 40	$ 40
1X/WK	60 MIN	$ 400	$ 40	$ 40

OPTION 2: ADP 10 PACK

The TCBOOST ADP 10-Pack expires 1 year from purchase date and can be used on any Varsity, JV, or Youth class. Please call ahead or book online to sign up for a session or sessions.

VAR. & JV		TOTAL	PER SESSION	PER HOUR
10 Sess.	90 MIN	$ 600	$ 60	$ 40

YOUTH		TOTAL	PER SESSION	PER HOUR
10 Sess.	60 MIN	$ 450	$ 45	$ 45

OPTION 3: ADP WALK-IN

Our walk-in rate is pay as you go for a single ADP session. Please call ahead or book online to secure your spot in a

		PER SESSION	PER HOUR
VAR. & JV	90 MIN	$ 65	$ 43
YOUTH	60 MIN	$ 50	$ 50

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