



TCBOOST™

SUMMER **GBN HOCKEY** SPEED & STRENGTH TRAINING

SESSIONS Include:

1. INJURY PREVENTION
2. **AGILITY**
3. SPEED MECHANICS
4. **ACCELERATION**
5. POWER DEVELOPMENT
6. TOTAL BODY STRENGTH TRAINING



9TH – 12TH GRADE

FAST DOESN'T HAPPEN BY ACCIDENT

TCBOOST is the leading speed development and athletic performance company in the Chicagoland area, serving top area athletes and programs for the past 15 years. Consultants for the **Chicago Cubs**, *Northwestern University Football*, **Dartmouth College**, *Wheaton College* and speed coaches for local NFL Greats **Charles Tillman**, *Roberto Garza*, **Jermon Bushrod**, and *Nick Roach*.

Mondays and Wednesdays June 11th – August 20th

Location: TCBOOST Sports Performance
600 S Waukegan Rd, Northbrook IL, 60062

Time: 4:00pm – 5:30pm

Cost: **Option 1: \$575 for full summer training – 20 sessions**

Option 2: Pay by the session - \$40 per session (Credit Card on File Required)

*Minimum Requirement of 12 athletes required for program to run

Wednesday July 4th there will be no training

Go to the TCBOOST website for more information

Website: www.tcboost.com

Call: 847-559-2307

Or

Email: tcboost@tcboost.com