



# OFF-SEASON TRAINING 2011

## Why Choose TCBOOST?

### Speed Development Experts >>>

As specialists in football speed development, our focus is on training you both on the field & in the weight room, to be explosively fast in the specific movements that will dramatically impact your game speed.

### Focused Attention >>>

We will keep the training groups small (3-6 Athletes max) in order to be able to focus on and address individual issues. Additional time slots will be created as needed to accommodate greater numbers of players. Players that prefer to work 1-on-1 can schedule time slots and training with us as well.

### Resumé of Results >>>

TCBOOST has trained over 120 football players for the NFL Combine/Draft, over 300 Division IA college football players, and over 17 current NFL players in the development of speed, strength and power.



**Start Date:** 03.14.2011

**End Date:** TBD

**Group Size:** 6 maximum

**Location:** TCBOOST Training Center  
600 Waukegan Road #108  
NorthBrook, Illinois 60062

"I appreciate all of [TCBOOST's] hard work and guidance - from our combine training (4.45/40 and fastest Pro-Shuttle of all RB's) to now with every NFL Offseason. Because of you guys, I'm more explosive than the 4th of July! I look forward to continually boosting my game, with TCBOOST!"

**- Rashard Mendenhall**

2008 NFL Combine & NFL Offseason Client  
1<sup>st</sup> Rd Pick, Running Back, Pittsburgh Steelers

"Training with TCBOOST in the offseason greatly increased my explosion and football speed. Their position-specific speed and power training is second to none!"

**- Ricky Manning, Jr.**

NFL Offseason Client, Former Cornerback  
Carolina Panthers, Chicago Bears, St. Louis Rams

"TCBOOST has provided me with the skills and training needed to compete and succeed in the NFL. They will be my offseason trainers for as many years as I am in the NFL."

**- Brandon Carr**

2008 NFL Combine & Offseason Client  
Cornerback, Kansas City Chiefs

MON	TUE	WED	THUR	FRI	SA/SU
Running - 9:00AM or 1:00PM					
Linear Speed	Position Agility	Tempo/ GPP	Linear Speed	Position Agility	Off
		Extended Flexibility			
Lifting - 10:45AM or 2:45PM					
Upper Strength	Lower Power		Upper Strength	Lower Power	
Core Power	Lower Strength		Core Power	Lower Strength	
Flexibility	Core Stability		Flexibility	Core Stability	



# PACKAGE DETAILS

OFF-SEASON  
TRAINING  
2011

## Lodging >>>

Marriott Residence Inn  
530 Lake Cook Road  
Deerfield, Illinois 60015

### Breakfasts and 3 Meals are included.

Free shuttle from Marriott Residence Inn to & from training center as well as to local dining and entertainment. (TCBOOST discounted rates available)

## Sports Nutritionist 1-on-1 Consults >>>

Initial Consultation, Body Composition Assessment, Meal Plan Recommendations, 2 Follow-up visits.

**Monique Ryan**, MS, RD, CSSD, LDN, HFS, Certified Specialist in Sports Dietetics, ACSM Certified Health Fitness Specialist. [www.moniqueryan.com](http://www.moniqueryan.com)

## CORFIT CUISINE Meal Service >>>

Players select from the custom menu designed to meet their nutritional needs based on Sports Nutritionist Recommendations. The meals will be delivered to the training facility 2x/week. All of the meals are easily warmed up in the microwave or oven. Plan includes Lunches & Dinners 6 days/wk.

## Recovery Supplements >>>

We will provide Gatorade® products for protein, electrolytes, and glycogen replenishment for all of our athletes to ensure the best development and recovery from our training plan.

## Deep Tissue Massage/Restoration >>>

Clinical Deep Tissue Work with a focus on sports training maintenance, range of motion and flexibility issues, and injury recovery. Slavik is trusted by the **Chicago Cubs Organization** for all their performance massage work as well as many of the **Chicago Bears** players.

**Slavik Kodryan**, Licensed Clinical Massage Therapist. (847) 769-0429

## Physical Therapy & Rehabilitation >>>

ATHLETICO Physical Therapy and Sports Rehab is located 2 minutes from our facility. ATHLETICO is the recognized leader in their field, providing services for the **Chicago Cubs, Blackhawks, Northwestern University**, as well as for **TCBOOST**. They accept most insurance policies and their services are conveniently available for our athletes, but not included in the training package.

### TCBOOST Training Package Options

#### Premium

TCBOOST  
Speed Program

TCBOOST  
Strength/Power

Flexibility

Sports Nutritionist

Meal Service

Supplements

Weekly Massage

#### Comprehensive Training

TCBOOST  
Speed Program

TCBOOST  
Strength/Power

Flexibility

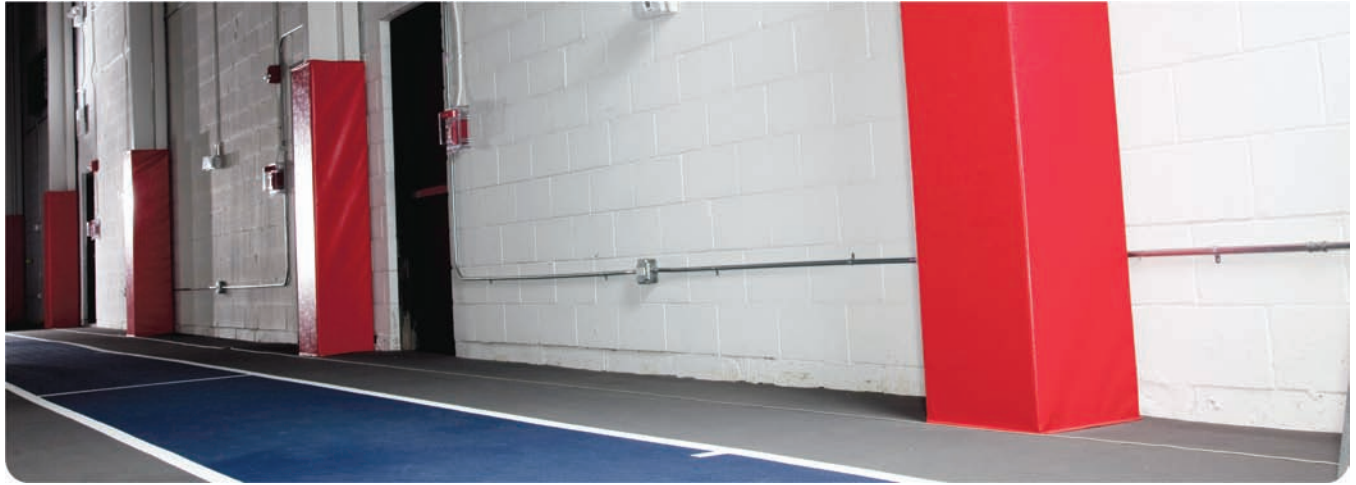
#### Basic Training

TCBOOST  
Speed Program

Flexibility

Call **Tommy Christian**  
for pricing on each package\*:  
(847) 204-3671

\*Players are charged weekly  
based on level of service chosen.



60-yard Indoor Mondo™ Sprint Track



Sorinex™-Equipped Weight Room



33-yard AstroTurf® PureGrass® Acceleration & Agility Area

- Rashard Mendenhall**  Steelers - Combine Prep 2008 & Offseason'08/'09/'10 (1st Rd)
- Sam Baker**  Falcons - Combine Prep 2008 (1st Rd)
- Garrett Wolfe**  Bears - Combine Prep 2007 (3rd Rd)
- Justin Tuck**  Giants - Combine Prep 2004 (3rd Rd)
- Corey Wooton**  Bears - Combine Prep 2010 & Offseason 2010 (4th Rd)
- Mike Kafka**  Eagles - Combine Prep 2010 (4th Rd)
- Sherrick McManis**  Texans - Combine Prep 2010 (5th Rd)
- Brandon Carr**  Chiefs - Combine Prep 2008 & Offseason 2009 (5th Rd)
- Sam Simmons** (retired) - Combine Prep 2002 (5th Rd)  Dolphins)
- Andy Studebaker**  Chiefs - Combine Prep 2008 (6th Rd)  Eagles)
- Dave Kircus** (retired) - Combine Prep 2003 (6th Rd)  Lions)
- Brad Jones**  Packers - Combine Prep 2009 (7th Rd)
- Dave Tollefson**  Giants - Combine Prep 2006 (7th Rd)  Packers)
- Trevor Johnson** (retired) - Combine Prep 2003 (7th Rd)  Jets)
- Pete Ittersagen**  Titans - Combine Prep 2009 (PFA  Jaguars)
- Nick Roach**  Bears - Combine Prep 2007 & Offseason 2010 (PFA  Chargers)
- Ruvell Martin**  Seahawks - Combine Prep 2004 (PFA  Packers)
- Olin Kreutz**  Bears - Year-Round Training 2009-2010
- Roberto Garza**  Bears - Year-Round Training 2009-2010
- Matt Forte**  Bears - Inseason 2009 & Offseason 2010
- Kahlil Bell**  Bears - Offseason Training 2010
- Charles Tillman**  Bears - Offseason Training 2008
- Rashied Davis**  Bears - Offseason Training 2008
- Napoleon Harris**  Vikings - Offseason Training 2003-2008
- Luis Castillo**  Chargers - College Speed Program
- Barry Cofield**  Giants - College Speed Program
- Noah Herron**  Buccaneers - College Speed Program
- Zach Strief**  Saints - College Speed Program
- Trai Essex**  Steelers - College Speed Program