



COMBINE PREP 2012

Why Choose TCBOOST?

Speed Development Experts >>>

As specialists in speed development, our focus is on training you to be explosively fast in the specific drills that will escalate your draft stock.

Focused Attention >>>

We purposely design small training groups so your individual needs can be addressed and your exact goals are met. Never more than a 1:3 coach to athlete ratio.

Resumé of Results >>>

We have trained over 125 athletes over the past 10 years specifically for Combine drills. Our experience has allowed us to develop proprietary methods that work.

"Thanks to TCBOOST I had the fastest Pro-Shuttle and 2nd fastest 3-Cone time at the [2007] Combine while running a 4.38/40 at my Pro-day."

- Garrett Wolfe
2007 NFL Combine Client
3rd Rd Pick, Chicago Bears



"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, 2008 NFL Combine), 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
and NFL Offseason Client
1st Rd Pick, Pittsburgh Steelers

MON	TUE	WED	THUR	FRI	SA/SU
Running - 8:00AM or 9:00AM					
Max. Speed	Position Drills	Starts	Position Drills	Accel.	Pool/Off
	Tempo Runs	Drill Work	Pool Recovery	Drill	
Lifting - 1:30PM or 2:00PM					
Lower Power	Flexibility	Lower Lt Power	Flexibility	Lower Strength	Flexibility
Upper Strength		Upper Endure		Upper Strength	
Core Power		Core Stability		Core Power	
Flexibility		Flexibility		Flexibility	

Start Date: 01.02.2012 **End Date:** TBD

Group Size: 6 maximum (2 Coaches per group)

Location: M/W/F T/Th
TCBOOST Training Center Northwestern University
600 Waukegan Road #108 Indoor Facility
NorthBrook, Illinois 60062 85yd. x 60yd. FieldTurf Surface
Evanston, Illinois

2011 COMBINE PREP RESULTS

	Group Average Improvements	Best Improvement
Bodyweight	+4.2 lbs	+11 lbs
40-Time	-0.27 sec	-0.32 sec
10-Time	-0.15 sec	-0.20 sec
Short Shuttle	-0.38 sec	-0.54 sec
3-Cone	-0.54 sec	-0.89 sec
Vert. Jump	+3.0"	+4.0"
Broad Jump	+7.1"	+13"
Bench Press	+5.7 reps	+7 reps

Test results are the recorded differences in Athletes' performance measured on the first week of TCBOOST™ 2011 Combine Prep in January as compared to officially recorded results from the Athletes' Combine or Pro-Day.



PACKAGE DETAILS



Lodging >>>

Marriott Residence Inn
530 Lake Cook Road
Deerfield, Illinois 60015

Breakfasts and 3 Meals are included.
(see attached hotel brochure for lodging details)

Transportation >>>

Free shuttle from Marriott Residence Inn to & from training center as well as to local dining and entertainment. 5-10 minute walk from Metra Train which will take players downtown or anywhere in Chicago via the city's outstanding public transportation system.

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

CORFIT CUISINE Combine Prep 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 their rooms 2x/week. All of the meals are easily warmed up in the microwave or oven. Full Package plan includes Lunches & Dinners 6 days/wk.

Recovery Supplements >>>

We will provide safe and effective supplements for all of our athletes to ensure the best development and recovery from our training plan. All of the provided supplements will be from trusted **NFL-approved** sources and distributed as recommended by our Sports Nutritionist.

Deep Tissue Massage/Restoration >>>

Clinical Deep Tissue Work with a focus on sports training maintenance, range of motion and flexibility issues, and injury recovery. The weekly 1 hour session will be arranged at the hotel or training facility based on what is best for the athlete. Slavik is trusted by the **Chicago Cubs Organization** for all their performance massage work as well as many of the **Chicago Bears** players.

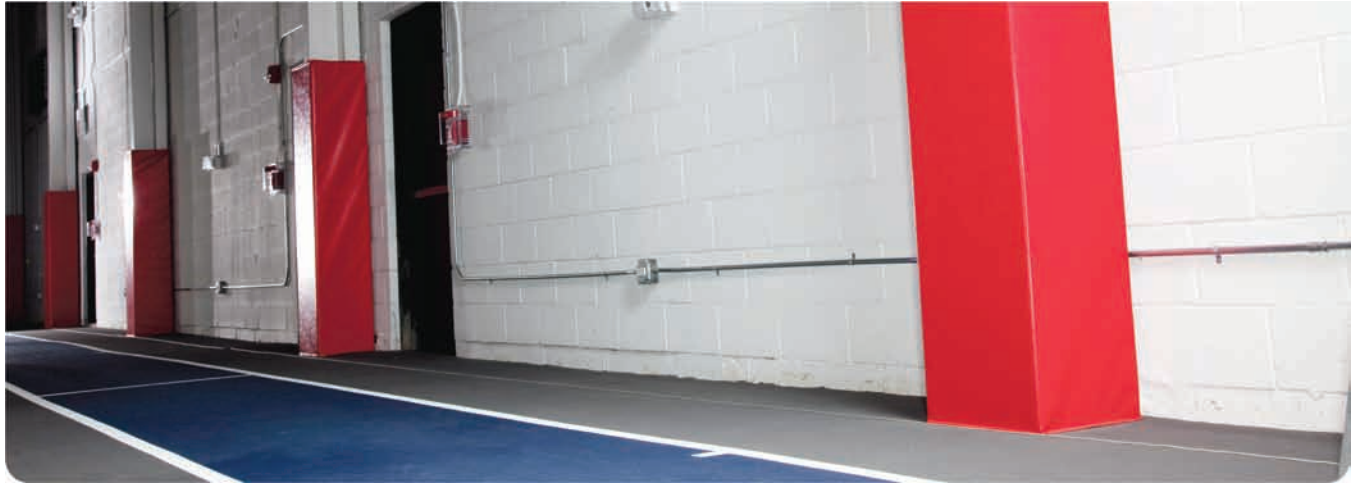
Slavik Kodryan, Licensed Clinical Massage Therapist. (847) 769-0429

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
Comprehensive
TCBOOST Training Supplements Sports Nutritionist Weekly Massage Lodging Meals Transportation (free hotel shuttle)
Comprehensive No lodging/meals
TCBOOST Training Supplements Sports Nutritionist Weekly Massage
Basic Training
TCBOOST Training Supplements

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



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/'11 (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)
- Charles Tillman**  Bears - Offseason Training 2008 & 2011
- Olin Kreutz**  Saints - Year-Round Training 2009-2011
- Matt Forte**  Bears - Inseason 2009 & Offseason 2010
- Roberto Garza**  Bears - Year-Round Training 2009-2011
- Earl Bennett**  Bears - Offseason Training 2011
- Jeff King**  Cardinals - Offseason Training 2011
- Nick Roach**  Bears - Combine Prep 2007 & Offseason '10/'11 (PFA  Chargers)
- Rashied Davis**  Lions - Offseason Training 2008 & 2011
- Corey Wooton**  Bears - Combine Prep 2010 & Offseason '10/'11 (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)
- Corbin Bryant**  Steelers - Combine Prep 2011 & Training Camp Prep 2011
- Andy Studebaker**  Chiefs - Combine Prep 2008 (6th Rd  Eagles)
- Brad Jones**  Packers - Combine Prep 2009 & Offseason Training 2011 (7th Rd)
- Dave Tollefson**  Giants - Combine Prep 2006 (7th Rd  Packers)
- Pete Ittersagen**  Titans - Combine Prep 2009 (PFA  Jaguars)
- Ruvell Martin**  Seahawks - Combine Prep 2004 (PFA  Packers)
- Kahlil Bell**  Bears - Offseason Training 2010
- Napoleon Harris**  Vikings - Offseason Training 2003-2008
- Sam Simmons** (retired) - Combine Prep 2002 (5th Rd  Dolphins)
- Dave Kircus** (retired) - Combine Prep 2003 (6th Rd  Lions)
- Trevor Johnson** (retired) - Combine Prep 2003 (7th Rd  Jets)
- Luis Castillo**  Chargers - College Speed Program
- Barry Cofield**  Redskins - College Speed Program
- Zach Strief**  Saints - College Speed Program
- Trai Essex**  Steelers - College Speed Program