



**Tachyon Cost sheet: 2010/2011**

Below are the training options with cost per month:

<p><b>Track:</b> The best option to increase the chances for a <b>Track scholarship</b> is: Option T4.</p>	<p><b>Speed/Agility:</b></p>
<p>Track Practice: \$50 Mon, Wed, Sat (<b>\$260/signup</b>) Weight Training: \$80 Tue, Thurs, Sat Online Track Training Program: \$175 (See website for details)</p>	<p>Speed/Agility: \$80 Tue, Thurs (<b>\$100/signup</b>) S/A + Track: \$100 (Speed Agility + 1 Track Practice a week) <b>Y.S.P.T:</b> (Training 4x a week via RCS) See website for details</p>
<p><b>Option T1</b> Track Practice: \$50 Mon, Wed, Sat Weight Training: \$80 Tue, Thurs, Sat Total: \$130</p>	<p><b>Option SA1</b> Speed/Agility: \$80 Tue, Thurs Weight Training: \$80 Tue, Thurs Total: \$160</p>
<p><b>Option T2</b> Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Total: \$175</p>	<p><b>Option SA2</b> Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Total: \$205</p>
<p><b>Option T3</b> Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Weight Training: \$30 (Weight Training form. Train on your own. We will monitor your progress) Total: \$205</p>	<p><b>Option SA3</b> Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Weight Training: \$30 (Weight Training form. Train on your own. We will monitor your progress) Total: \$235</p>
<p><b>Option T4</b> Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Weight Training: \$50 Tue, Thurs, Sat (\$30 discount with Elite Training normally \$80) Total: \$225</p>	<p><b>Option SA4</b> Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Weight Training: \$50 Tue, Thurs (\$30 discount with Elite Training normally \$80) Total: \$255</p>
<p><b>Online Track Training program (for non members).</b></p> <ul style="list-style-type: none"> <li>• Bios/Training Profile</li> <li>• Periodization Table</li> <li>• Track Workouts</li> <li>• Nutritional information (via website)</li> </ul> <p>Total: \$175</p>	<p><b>Option SA5</b> Speed/Agility: \$80. Tue, Thurs Track Practice: \$20. Sat (1 track practice) Total: \$100</p>

**Note: All TTC memberships will include free access to the websites Training videos, Warm-up videos, Weight training Videos, Personal Training folders and more.** Annual Renewal (payable the 1<sup>st</sup> of the year) \$160