

**TCA Athletic Development by Advance Training**

# **IT'S TIME TO START TRAINING**

**LET'S GET READY FOR NEXT SEASON!**

Summer conditioning program for all students involved in sports will be offered beginning **JUNE 23**. Get prepared for next season now!

Program Details:

Who: All TCA Athletes of any sport

Where: TCA weight room or **Advance Training** Facilities

When: TCA Weight Room – Monday, Wednesday, Friday  
10am  
**Advance Training** -- Tuesday, Thursday --6pm  
Saturday – 10am

**FOR MORE DETAILS CONTACT:**

Coach Ralph or Bruno  
980-9025 or 213-4111