



Parisi Speed School Program Guide

Parisi Athlete Evaluation/Orientation

Ages 7-18

We start athletes with an evaluation to set a baseline number to build on that helps our coaches recommend the most appropriate programming. The Parisi Evaluation is mandatory for every athlete who enters the Parisi program. During this session, athletes/parents will have the opportunity to meet the coaches, discuss goals, and create a game plan that best fits the athlete's needs.

Jump Start

Ages 7-9

The Parisi Jump Start Program is taught by certified Parisi Performance Coaches and focuses on building a young athlete's physical foundation and improving their coordination and self-esteem. Our signature speed and strength training methods are structured, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%. Jump Start is a must for any youth athlete who wants to develop foundational athletic skills that will help them rise above their competition.

Total Performance

TP0: 5th/6th Grade TP1: 7th/8th Grade TP2: 9th-12th Grade

The Parisi Total Performance program utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. Total Performance Classes are broken up by age groups (5th/6th grade, 7th/8th grade, and 9th-12th grade) to ensure athletes are working with a group with similar age.

At this level, programming is broken down into an individual focus per session (linear speed, acceleration and deceleration, multi-directional speed, and strength). This program builds on an athlete's physical foundation and refines their skills, maximizing their strength, aerobic and/or sport specific training. Athlete's will also learn the skills and conditioning necessary to help prevent injuries through various warm ups, exercises, and techniques.

- Total Performance 0 Sessions are our 60-minute introductory classes for Total Performance that focus on SPEED mechanics.
- Total Performance 1 Sessions are designed as a 75-minute COMBO class of SPEED and STRENGTH so that athletes can work on both in an efficient and effective session.
- Total Performance 2 Sessions are designed so that athletes can focus on their specific SPEED and/or STRENGTH goals. Sessions are split up into separate 60-minute SPEED classes and 60-minute STRENGTH classes.



Parisi Speed School Sports Performance FAQs

- **What is Parisi Speed School?**

Parisi Speed School is a youth sports performance training system that strives to improve SPEED, STRENGTH, and CONFIDENCE. Our small group classes are structured, engaging, and focus on running and strength mechanics.

- **What is youth sports performance training?**

Sports performance training focuses on training an athlete to be the best he/she can be in their chosen sport. The training includes the foundations of any good athlete: speed, agility, strength, and self-confidence. An additional benefit is a reduction in sports related injuries.

- **How is the Parisi program different from other sports performance offerings?**

Our founder, Bill Parisi, has been training youth athletes for 25+ years. The methodology and programming were built specifically for developing youth athletes. We specifically teach how to safely and effectively perform movements that will transfer directly to sports performance.

- **What is best if my youth is not an athlete but is looking to stay active and build health habits?**

Students who do not participate in organized, competitive sports are more than welcome to join Parisi Speed School as a way to stay active and get in shape. Parisi Speed School builds confidence by creating a “fail-free” environment. Our Performance Coaches are trained to give modifications/progressions so that each individual is being challenged appropriately based on their current physical abilities and goals.

- **How can an in-season athlete benefit from Parisi Speed School?**

Training during the competitive season will help an athlete maintain proper technique to reduce the risk of injury, work on core athlete skills so there is no drop off from the start and end of a season, and make corrections in movements to reach peak performance during game time.

- **Does the program include weight-lifting/Is weight-lifting safe for young children?**

Total Performance will start to introduce body-weight techniques and weight-lifting mechanics that are appropriate for each age group in a safe and effective way. All of our strength scripts for these programs have been written and approved by experts in the field of youth sports performance.

- **How long will it take to see results?**

Results depend on the effort your athlete puts into the program. We've noticed that athletes who attend training 2-3x/week are more apt to hit their goals.



Parisi Speed School Orientation FAQs

Program Schedule

- **What program is best for my youth athlete?**

Performance Coaches will be able to best recommend a program after the athlete completes their initial evaluation/orientation.

- **How many times can/should my athlete attend class? What is optimal?**

Our program is designed for athletes to be able to come up to 5x/week. It's typical for athletes who are in their off-season to come 3-5x/week. In-season athletes typically come 1-2x/week based on their practice/game demand.

- **What is the typical class size?**

Our classes average 4-8 athletes per session so that coaches are able to help individual athletes reach their own goals while also maintaining a competitive, fun environment with their peers.

Registration

- **How can I register my athlete?**

Athletes can join Parisi at any time throughout the year. Our class schedule gives flexibility to accommodate all sports seasons and extracurricular schedules. We have (2) registration options:

Monthly Memberships: Our Monthly Membership option gives athletes unlimited access to all of our classes that are within their age group. This will give athletes an opportunity to train up to 5x/week. Monthly Memberships will automatically renew on the 1st of each month. If an athlete's sports season changes and can no longer attend class 3-5x/week, you can request a pause by calling/emailing the program director.

Class Pass: The Class Pass is attached to the athlete's EDGE account and acts as a punch card. Sessions roll over month to month to provide flexibility in training schedules. Class Passes will only be used if the athlete attends. Coaches take attendance at the beginning of each class.

- **Which is the best option, the Membership or the Class Pass?**

The Monthly Membership is typically used for athletes who can commit to training 3-5x/week. This option is optimal for off-season athletes and kids who are not involved in organized sports who wish to stay active and build healthy habits.

The Class Pass is typically for athletes who can only commit to training 1-2x/week. This option is optimal for in-season athletes looking to maintain speed and strength during their competitive season.

- **Do I have to be an EDGE member to participate?**

You do not need to be an EDGE member to participate in Parisi Speed School. At this time, there is no price difference for members vs non-members.