

FAIR LAWN ALL SPORTS SOCCER WINTER SPEED CHALLENGE

PARISI
SPEED SCHOOL



Register
Now!

MEASURE RESULTS!

INCLUDES NEW PRE AND POST TEST
EVALUATION IN THE 60 YARD SHUTTLE



January 6-March 14

Athletes U7-U10

1 hour classes

Monday-Friday

4:30pm or 6:30pm

Saturday

9:30am or 11:30am

Athletes U11-U14

1 hour classes

Monday-Friday

5:30pm or 7:30pm

Saturday

10:30am or 12:30pm

Options

10 sessions

1 Day/Week-\$150

20 sessions

2 Days/Week-\$280

Location: Parisi Speed School-2-22 Banta Place, Fair Lawn, NJ 07410

1) To Register, Go to:

www.tinyurl.com/parisonline

2a) Enter Grade 1-4 Promo Code: **WS1-4 2020**

2b) Enter Grade 5-8 Promo Code: **WS5-8 2020**

3) Choose Your Day and Time

Program Includes:

- 10 Week Training Program
- Running Mechanics Breakdown
- Speed & Agility Training
- Power & Jump Training
- Age Appropriate Strength Training

Performance Improvements in:

- Acceleration & Top Speed
- Agility & Foot Speed
- Vertical Jump
- Total Body Strength & Power
- Conditioning

For More Information Contact Brandon Wood at 201-704-0181 or bwood@parisiusa.com