

# The Fastest Way To Become A Better Athlete®

*No Excuses, Just Results*



SPEED SCHOOL  
NORTHWEST NEW JERSEY

**SPEED • AGILITY • STRENGTH • NUTRITION  
FLEXIBILITY • ENDURANCE • SELF-CONFIDENCE**

**All Sports & Abilities • Ages 7 & Up**

#### **TOTAL CONDITIONING**

For all ages, the Youth Program gets them off of the sofa, off of electronics and into having physical fun and getting fit. Get off the bench and into the game with an athletic training program that uses the signature Parisi performance training, in a fun and supportive environment.

#### **JUMP START**

Helps any young athlete ages 7 to 12 develop an athletic foundation of skills, helping them get faster and stronger to rise above the competition. Our signature speed and strength methods are serious but taught in a way that keeps the athletes motivated and engaged.

#### **TOTAL PERFORMANCE**

For ages 13 to 18, the Parisi signature speed and strength methods produce maximum improvements in athletic performance. Programming is broken down into an individual focus per session: linear speed, change of direction, and strength.

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**FIELD HOUSE**

*by gibsons fitness*

*Our programs use the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. We help athletes improve their overall speed, increase total body strength, develop proper techniques, decrease recovery time, and reduce injury risks. Parisi-coached athletes learn good habits, become more aware of what impacts performance, and build mental toughness.*

Schedule a complimentary evaluation to see what Parisi of Northwest NJ can do for the young athlete in your family today by visiting [www.ParisiNJ.com](http://www.ParisiNJ.com).