



## ***Welcome to the Parisi Evaluation***

Today is the first step in the direction of future athletic success for your athlete. This packet was created to allow the parent to better understand our evaluation process and how to select the right program for your athlete.

The evaluation is mandatory for every athlete in our program. The evaluation allows our staff to:

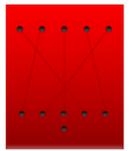
- Assess your athlete's current level of ability
- Determine what group your athlete should be placed into
- Determine which types of sessions and program is best for your athlete
- Monitor progress in the program
- Create the future training strategy for your athlete

The evaluation begins with the **Parisi Active Dynamic Warm-up**. This warm-up is the cornerstone of our program and is performed before every session. The introduction to this will allow your athlete to smoothly move into their first session as well as demonstrate critical information to the evaluator about their current motor skills. This portion of the evaluation should take about the first 30 minutes to complete.

After the warm-up, your athlete's **Running Mechanics** will be assessed. According to what our trained evaluators see here, we can predict where your athlete's strength, flexibility and technical deficiencies lie. Commonly found technical deficiencies are errors in arm and leg mechanics as well as head and torso position. If these errors are found, the evaluator will be better able to recommend certain styles of training sessions for your athlete

Following this, the athletes go through a battery of **Performance Tests**. These tests are correlated directly with athletic success. The tests are as follows:

1. **The 10 and 20 yard dash** - Our laser timing system times your athlete at each of these distances. According to your athlete's score, the evaluator will know their acceleration and speed capabilities.



2. **The Vertical Jump** - This is a test of your athlete's overall body power. According to how high your athlete can jump, the evaluator will learn about the strength and speed your athlete is able to produce using their lower body.
3. **The Shuttle Drill (5/10/5)** - This is a lateral agility test that measures your athlete's ability to start, stop and change direction. According to your athlete's time, the evaluator will learn about your athlete's lateral movement technique.
4. **The 5 Broad Jump Test** - This is a test that measures the amount of force your athlete can produce in the horizontal direction into the ground. This measure is directly correlated with running speed.
5. **The Chin Up Test** - This test is a powerful measure of relative body strength. We have found that the number of chin ups performed is related to running speed and agility.
6. **The Lower Body Flexibility Screen** - This test is performed to assess the flexibility of the hamstrings, glutes, and hip flexors. Adequate flexibility is related to athletic performance and injury prevention.

After these the evaluation is complete, the evaluator will meet with each athlete and parent individually to **Discuss the Results** and determine the program that best fits your athlete. We ask that you please be patient while each parent and athlete receives their important evaluation information.

Following the delivery of your athlete's results, you will go to the front desk to **Select Your Training Program** and begin to make out your athlete's future training schedule. Having your athlete's schedule handy at this time is a way to speed up the process. Thank you for becoming part of the Parisi Speed School.



## PARISI PROGRAM STRUCTURE

### PARISI YOUTH CONDITIONING

**PEE WEE** • A Little Speedsters Program

**Audience:** Ages 4-6

**Focus:** Motor skill development, problem solving, athletic movement, self-esteem building

Parisi Pee Wee classes teach fundamental athletic movements to children 4-6 years old. This class integrates age-appropriate educational strategies with motivational coaching. Parisi Pee Wee will develop critical motor skills and problem solving abilities while building self-esteem and confidence.

**GAME TIME** • Fast, Fun and Fit

**Audience:** Ages 7-18

**Focus:** Physical fitness and health awareness (not sports performance). This program is the low cost of entry into PSS.

The Game Time program is designed to get youth off the sofa, off electronics and into having physical fun and getting fit. This program develops good exercise habits and nutritional awareness, as well as addressing "off-the-field" challenges facing youth today.

Parisi Game Time uses fun and exciting modalities like medicine balls, resistance bands, partner bodyweight exercises, ladders, plyometrics and yoga. Also incorporated are Parisi speed training methods and the latest in performance and strength training to make this program come alive and produce quick results, keeping youth returning for more. (Does not require a Parisi Evaluation)



## **SPORTS PERFORMANCE PROGRAMS**

### **PARISI EVALUATION • Ages 7-18**

Until an athlete knows his or her current level of ability, it is impossible to realistically recommend programming, create goals and monitor progress. The Parisi Evaluation is mandatory for every athlete who enters the Parisi program.

During the evaluation, athletes are taught the Parisi signature Active Dynamic Warm-Up, carefully examined during the running analysis, and tested in a battery of speed and physical strength movements. After the evaluation, every athlete with their parent meets individually with the Evaluator to review the results and select the appropriate program that fits the athlete's needs.

### **PARISI ATHLETIC FUNDAMENTALS**

#### **JUMP START**

**Audience:** Ages 7-12

**Focus:** Sets an early athletic foundation

The Parisi Jump Start Program is taught by certified Parisi Performance Coaches and utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, 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 young person who wants to develop foundational athletic skills that will help them rise above their competition.

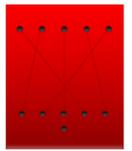
#### **TOTAL PERFORMANCE**

**Audience:** Ages 12-15

**Focus:** Signature programming to provide maximum improvements in athletic performance

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.

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 in order for them to maximize 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.

### **Basic Strength**

**Audience:** Ages 12-15

**Focus:** Build an early foundation of strength and understanding of body mechanics

Perfect for the beginner athlete, the Basic Strength program introduces strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength while teaching optimal body mechanics in a safe, fun environment.

## **PARISI ADVANCED ATHLETE**

### **ELITE SPORTS PERFORMANCE**

**Audience:** Ages 14-22

**Focus:** Advanced programming to provide maximum improvements in athletic performance

Parisi Elite Sports Performance transitions Total Performance athletes to their next level of ability. This program focuses on the regression and progression of our signature speed-training methods. At this level, certified Parisi Performance Coaches use their knowledge and experience to individualize strength training for their athletes based on their abilities and specific goals.

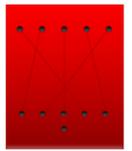
Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

### **Advanced Strength**

**Audience:** Ages 14-22

**Focus:** Sport-specific strength training for those aspiring to compete at the highest levels

As a component of the Advanced program, Advanced Strength provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to



the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.

### **PEAK**

**Audience:** Elite Athletes (all ages)

**Focus:** Training for those aspiring to compete at the highest levels, this program provides sport specific training for athletes. (NOT SKILL SPECIFIC)

The Parisi PEAK Program was created for elite athletes who aspire to compete at the collegiate, Olympic or professional level. Delivered in semi-private sessions, this program identifies the skills that are necessary for an athlete to reach their potential at a specific sport and provides them with the training necessary to help turn "potential abilities" into "actual abilities."

The program focuses on an athlete's individual needs for a specific sport and desired improvements. This high-level training aims to develop an athlete's specific talents, while at the same time turn their weaknesses into strengths. PEAK can be added to our Jump Start and Total Performance programming to provide a comprehensive athlete training program or it can stand on its own to work only on specific needs and is also taught by certified Parisi Performance Coaches.

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