



**January 2017**  
*Begins January 2, 2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm HS ELITE Training <u>AGES 15 &amp; UP</u> <u>ONLY</u> Coach Liz	4:30pm TP: SPEED Level 1 <u>Ages 12 &amp; 13</u> Coach Dan		4:30pm TP: SPEED Level 1 <u>Ages 12 &amp; 13</u> Coach Dan	4:00pm HS ELITE <u>AGES 15 &amp; UP</u> <u>ONLY</u> Coach Darius	9:00am TP: Change of Direction Levels 1 & 2 <u>Ages 12 &amp; up</u> Coach Alanna
5:00pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Darius	4:30pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Chris D.	5:00pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Chris	4:30pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Ally	5:00pm TP: SPEED Level 1 <u>Ages 12 &amp; 13</u> Coach Darius	9:00am Jump Start Level 1 <u>Ages 7-10</u> Coach Dan
5:00pm TP-Strength Levels 1 & 2 <u>Ages 12 &amp; up</u> Coach Chris S. Must have strength membership	5:30pm HS ELITE TRAINING <u>AGES 15 &amp; UP ONLY</u> Coach Ally	5:00pm TP-Strength <u>Ages 12 &amp; up</u> Coach Rob Must have strength membership	5:30pm Jump Start Level 1 <u>Ages 7-10</u> Coach Ally	5:00pm Jump Start Level 1 & 2 <u>Ages 7-11</u> Coach Jack	10:00am HS Elite Training <u>AGES 15 &amp; up</u> Coach Dan
6:00pm TP-Speed Level 2 <u>Ages 14 &amp; up</u> Coach Chris S	5:30pm Jump Start Level 1 <u>Ages 7-10</u> Coach Chris D.	6:00pm Jump Start Level 1 <u>Ages 7-10</u> Coach Chris D.	5:30pm HS ELITE TRAINING <u>AGES 15 &amp; UP ONLY</u> Coach Dan	6:00pm TP: Change of Direction Level 2 <u>Ages : 14 &amp; up</u> Coach Jack	10:00am TP-Strength <u>Ages 12 &amp; up</u> Coach Alanna MUST HAVE STRENGTH MEMBERSHIP
6:00pm Jump Start Level 1 <u>Ages 7-10</u> Coach Liz	6:30pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Ally	6:00pm TP Speed Levels 1 & 2 <u>Ages 12 &amp; up</u> Coach Rob	6:30pm Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Ally		11:00am Jump Start Level 2 <u>Ages 10 &amp; 11 only</u> Coach Chris D.
7:00pm HS ELITE TRAINING <u>AGES 15 &amp; UP</u> Coach Chris S.	6:30pm TP: Change of Direction Level 2 <u>Ages 14 &amp; up</u> Coach Rob	7:00pm HS ELITE Training <u>AGES 15 &amp; UP ONLY</u> Coach Alanna	6:30pm TP: Change of Direction Level 2 <u>Ages : 14 &amp; up</u> Coach Liz		
7:00pm TP: Change of Direction Level 1 <u>Ages 12 &amp; 13</u> Coach Darius	7:30pm HS STRENGTH TRAINING <u>AGES 15 &amp; UP ONLY</u> Coach Ally MUST HAVE STRENGTH MEMBERSHIP	7:00pm TP-Strength Level 2 <u>Ages 14 &amp; up</u> Coach Chris S Must have strength membership	7:30pm HS STRENGTH TRAINING <u>AGES 15 &amp; UP ONLY</u> Coach Liz MUST HAVE STRENGTH MEMBERSHIP		

**YOU MUST** reserve classes via our online scheduling link that was emailed to you upon completion of your contract! If you do not sign up in advance your child **WILL NOT** be admitted to class in the event that class is full.

## Parisi Speed School Age Groups/Levels

**Jumpstart: Level 1: Ages 7-9/Level 2: Ages 10-11**

**Total Performance (TP): Level 1 Ages 12 & 13/ Level 2 Ages 14 & up**

**HS ELITE TRAINING- AGES 15 & UP**

**STRENGTH CLASSES ARE STRICTLY FOR ATHLETES 12 and up with STRENGTH MEMBERSHIPS!**

### **The Parisi Speed School Will Be Closed For the Following Holidays:**

Halloween	Memorial Day Weekend (Saturday and Monday)
Thanksgiving Day and the Day after	Fourth of July
Christmas Eve and Christmas Day: 12/24 and 12/25	Labor Day Weekend (Saturday and Monday)
New Year's Eve and New Year's Day: 12/31 and 1/1	<b>**In the event of inclement weather make sure you check your email or visit our Facebook page, Instagram or call the gym!</b>

### *What are the different levels at the Parisi Speed School?*

We offer different levels that are based on an athlete's age and performance. This means that an athlete's age does not guarantee the athlete's fitness level. All athletes are placed at a certain level after their initial evaluation. The level that your athlete is placed in will help to determine what type of program will produce the maximum results.

**Jump Start (JS)** - The average age for this level is 7-11 years of age. Athletes placed at this level need to improve their basic motor development, but are demonstrating the technique and coachability that will prepare them for the next level. Classes combine Top Speed, Acceleration, Change of Direction, and body weight strength training.

**Total Performance (TP)** – The average age for this level is 12-18years of age. Athletes placed at this level are now able to perform the basic requirements of our program and are at the beginner level for strength training. Classes are specifically divided into speed, change of direction and strength. Athletes placed at this level may have a number of years training experience and can tolerate more intense levels of work.

## **High School Elite**

**Designed for the high-performance high school, college & professional athlete**

This program is designed for the dedicated athlete who aspires to compete in athletics beyond high school. Athletes are selected for this program by the Parisi staff at the initial Evaluation. Veteran Parisi athletes may also advance into this program after making a marked improvement. The selection process is based not only on physical attributes, such as speed and strength, but also on quality of character.

The Elite Program has an intense focus on specific Strength and Speed training techniques centered around an athlete's individual needs, recovery, nutrition and regeneration. The training is unmatched in its intensity and utilizes advanced training methodologies to help athletes break through previous speed and strength plateaus.

Some of the best and fastest athletes in the country from Division I Colleges; Pro Sports including the NFL, MLB, NBA, WNBA, MLS; and the Olympic level have trained in this program. Parisi has a proven track record of making the fastest athletes in the country faster.

World Gym Wantagh

Program Director- Liz Burkhard  
516-826-5555

Email: parisispeedwantagh@gmail.com