

2017, Fair Lawn, NJ

*Speed
and
Strength
Summit*

 **PARISI**
SPEED SCHOOL



COACHING GREAT

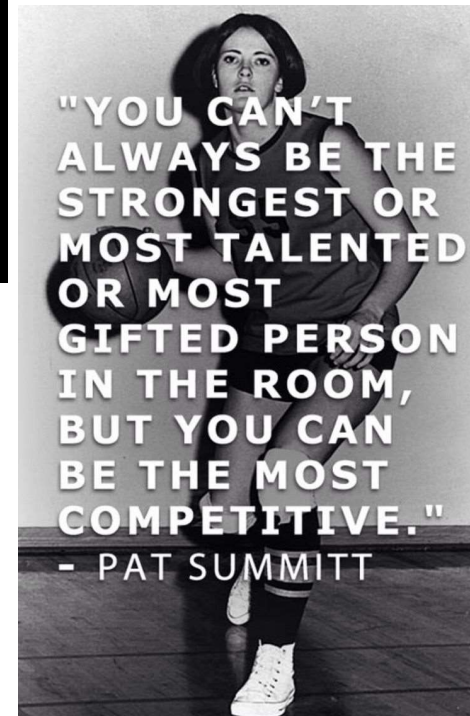
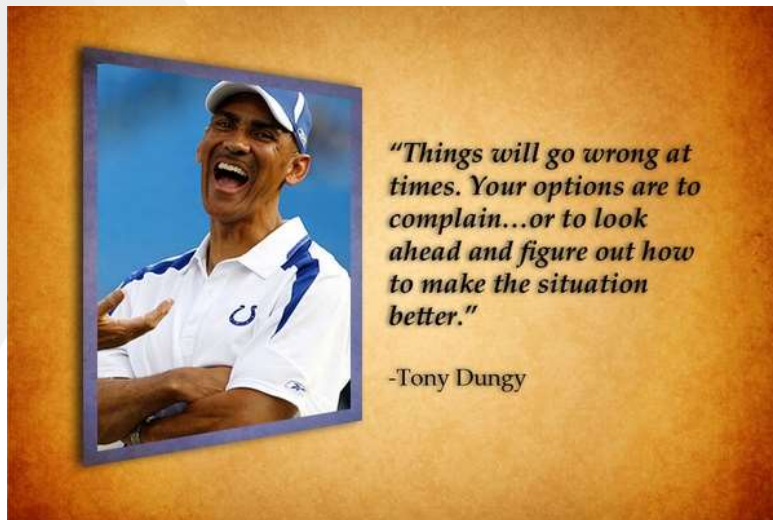
The Parisi Way

In sports, a coach is a person involved in the direction, instruction and training of a team or individual.





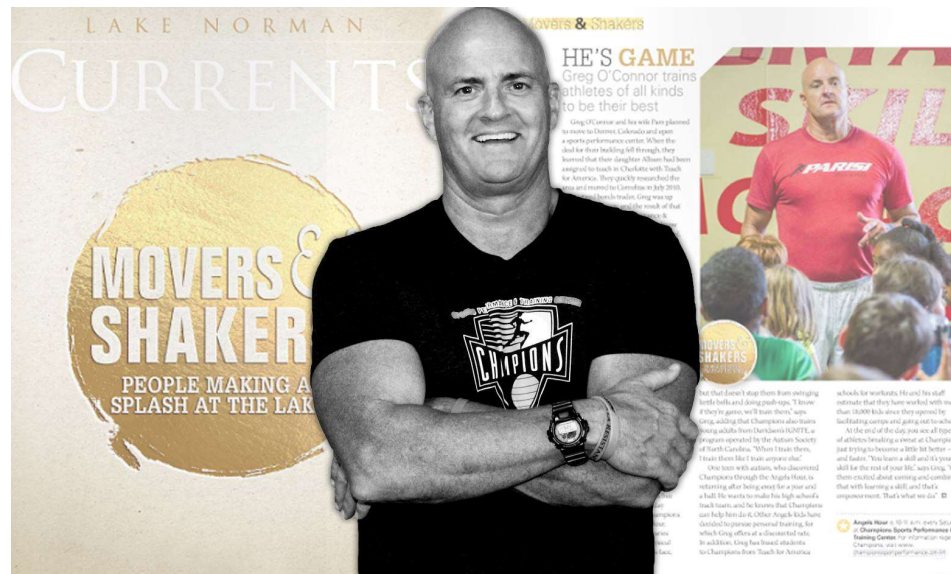
Historical Coaches:





COMMITMENT

You must break through your limiting beliefs. As coaches, you will find athletes with ingrained habits and ineffective belief systems. Our role is to forge a relationship with our athletes to either go through or around those “limitations.”



- OPEN

Coaches should build trust and have honest introspection. In order to be effective in coaching one must self examine values, objectives and goals. You must have honest self examination.



ATTITUDE

The “I Can” must exist! It cannot matter the distance you feel exists where you are and where you want to be.

(The greatest power WE have is belief in ourselves)



CONSISTENCY

BE PREPARED! ALWAYS!

Goals have deadlines and action, consistent action sets the stage for success.

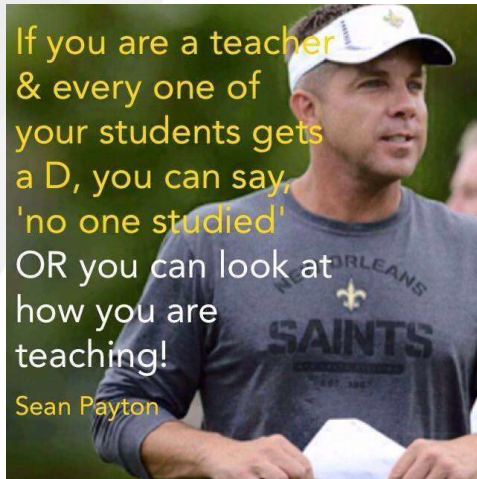


HOPE

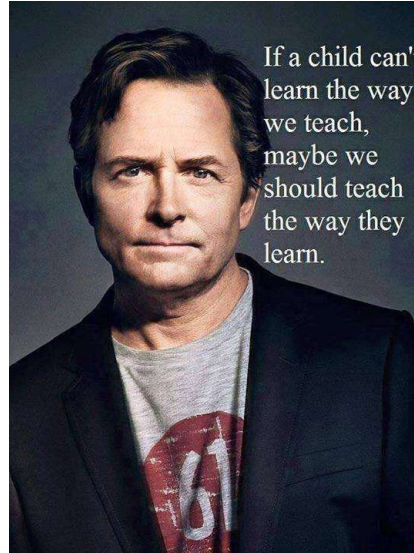
You will have constant bumps in the road. You will see that things will not always go your way. However, that does not mean it is not moving in the right direction. Hope springs from your beliefs that ultimately you will reach your goals.

If you are a teacher
& every one of
your students gets
a D, you can say,
'no one studied'
OR you can look at
how you are
teaching!

Sean Payton



If a child can't
learn the way
we teach,
maybe we
should teach
the way they
learn.



Coaching is an ART FORM:

If you describe an activity as an ART FORM, you mean that it is concerned with creating objects, works, or **PERFORMANCES THAT ARE BEAUTIFUL** or have certain meaning.

PERFORMANCES THAT ARE BEAUTIFUL!



We often forget the real reason we coach. We coach to fulfill a fundamental need in our society. A need that is also fundamentally lacking in our society. The need to help others BELIEVE in their own potential and success.

**As the industry leader in performance enhancement, we will continue to deliver a positive training experience that improves speed of movement and strength in character
REGARDLESS OF ABILITY OR ECONOMIC STATUS**

Don't forget that coaching is truly a loving venture. The parents have invested in your knowledge to guide their children into a cloudy future.

You have no idea how **IMPORTANT** you have become in the cycle of modern society.

Make sure you always give back to your community and embrace your importance.



GIVE THANKS





Education is not the
learning of facts,
but the training of
the mind to think.

~ *Albert Einstein*

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