

Glen Rock Travel Baseball Team Performance Training

PARISI
SPEED SCHOOL



November 11-January 15

(12/25 class moved to 12/26)

Athletes U7-U10

1 hour classes

Monday

5:30pm-6:30pm

Wednesday

5:30pm-6:30pm

Athletes U11-U14

1 hour classes

Monday

6:30pm-7:30pm

Wednesday

6:30pm-7:30pm

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 U7-U10 Promo Code: **GRTBB7-10**

2b) Enter U11-U14 Promo Code: **GRTBB11-14**

3) Choose 1 or 2 Days



**Baseball
Specific Speed**



**Baseball
Specific Strength**



**Baseball Specific
Conditioning**

Team Performance Training

The Parisi Speed School's Team Training Program is designed to improve each athlete's **speed, agility, power** and **conditioning**. It is these skills that are essential to one's success on the baseball field. Athlete's will receive detail oriented training in order to maximize their athletic ability.

Athletes Will See Results in:

- Base Stealing
- First Step Quickness
- Acceleration
- Batting Power
- Throwing Speed
- Total Body Strength and Power
- Conditioning