



ARE YOU READY?

Summer Athletic Conditioning 2019

Program Mission

The goal of this program is to teach your athlete the Parisi Training System. This system involves team-building, cutting-edge sprinting, change of direction and strength training techniques applied in a safe and effective manner. These techniques are essential for any athlete to reach their potential.



- Off Season Conditioning for ALL Sports
- Injury Prevention for ALL Sports
- Improve Acceleration and Speed
- Improve Total Body Strength
- Improve Vertical Jump
- Increase Endurance and Stamina
- Improve Change of Direction Speed

*"The Parisi Speed School
is the King of Sports
Performance Training"*
— ESPN

Session Days: Monday through Thursday / Pick 2 Weeks or More

Summer Sessions: Starts Monday June 3rd ends August 8th

Partial Session Packages Available:

7-12 year old...10:30am - 11:30am

13 year old and older...11:30am - 12:30pm

Stay Active Indoors...Fully Air Conditioned Facility

Sign-up at the Front Desk at the MEMORIAL ATHLETIC CLUB!

*This program helps athletes of **ANY SPORT** including:
Football / Soccer / Cross Country / Volleyball / Tennis / Basketball
Wrestling / Ice Hockey / Track & Field / Softball / General Fitness*



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER



14690 Memorial Drive, Houston, TX 77079 • (281) 497-7570

www.parischool.com/memorialac

• All Abilities • Ages 7 years to collegiate • Boys and Girls



SPEED SCHOOL

Speed *Strength* Flexibility *Endurance*

Summer Athletic Conditioning 2019

Memorial Athletic Club and Aquatic Center

Monday, June 3rd - Thursday, August 8th

7-12 year old – 10:30am-11:30am

13 year old and older – 11:30am-12:30pm

Prices

Non-Parisi Athletes	2 weeks \$150	3 weeks \$200	4 weeks \$250
Current Parisi Athletes	2 weeks \$120	3 weeks \$170	4 weeks \$220.

Summer Registration (check all sessions attending)

June 3rd – 6th _____ June 10th – 13th _____ June 17th – 20th _____ June 24th – June 27th _____
 July 8th – July 11th _____ July 15th - July 18th _____ July 22nd – 25th _____
 July 29th – Aug 1st _____ Aug 5th – 8th _____

Athlete's Name: _____ Age: _____

Address: _____

School: _____ Sport (s): _____

Any Injuries: _____

Parent's Name: _____

Phone #: (h) _____ (c) _____

Email Address: _____

Current Parisi Student: Y _____ N _____

How did you hear about us? _____

Payment Method

Credit Card: _____ Expiration Date: _____

Cash _____ Check _____ Check # _____

Recognizing that participation in any athletic activity includes the inherent possibility of both internal and external injury and acknowledging that the management and ownership takes every precaution to prevent the above, I waive all legal claims against Memorial Athletic Club for any damage that I or my family might incur during, or as a result of my participation in Memorial Athletic Club sponsored activities.

Parent's Signature: _____ Date: _____



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