

PARISI Sports Performance Session Calendar 2020

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Performance Coaches
JS I	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am OUT	Jeff Biehl Justin Chu
7-10 ages	5:10pm OUT	5:00pm OUT	5:10pm OUT	5:00pm OUT			
	6:30pm		6:30pm				
JS II	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am OUT	Chris Daughtry Jacobo Fajardo "Cobo"
10-12 ages	5:10pm OUT	5:00pm OUT	5:10pm OUT	5:00pm OUT			
	6:30pm		6:30pm				
KEY							
TP I						11:30am COMBO	JS I- Jump Start JS II- Jump Start
13 15 ages	5:10pm OUT	6:15pm	5:10pm OUT	6:15pm	5:15pm OUT		
	6:30pm COMBO		6:30pm COMBO				TP I- Total Performance (COMBO): Combination of speed and strength session
Strength		7:15pm		7:15pm			
TP II							TP II- Total Performance (COMBO): Combination of speed and strength session OUT - Refers to OUTDOORS
15 -18 ages	5:30pm COMBO	5:30pm	5:30pm COMBO	5:30pm	5:00pm COMBO	1pm COMBO	
		6:45pm COMBO		6:45pm COMBO			
Strength	7:30pm		7:30pm				

ALL Outdoor Classes will be held outdoors at the Spring Forest Middle School location

Eval	By scheduled appointment only Please call (281) 497-7570	
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Spring Forest Middle School address 14240 Memorial Drive Houston, TX 77079

Memorial Athletic Club 14690 Memorial Drive Houston, Texas 77079 (281) 497-7570
www.parischool.com/memorialac

P.E.A.K.- Parisi Elite Athletic Knowledge (**Invite only**)