

Parisi History and Mission

In 1991 Bill Parisi started out toward a dream. He drove around to high schools in his area armed with a motivational speech, some equipment, and a \$500 van. That was the single-handed beginning of what has now become a multi-personal approach to changing the face of American athletes as we know it. That was the birth of the Parisi Speed School. Currently, Parisi Speed School continues to expand with over 70 franchises across the nation having collectively trained hundreds of thousands of athletes at every level.

Parisi Speed School is dedicated to making our athletes feel great by helping them reach their potential. Our responsibility is to our athletes by consistently providing service based on our 3 Core Values: Honest in Relationship: Positive in Attitude: Excellence in Service.

As the industry leader in Performance Enhancement, we will continue to deliver a positive training experience that improves speed of movement and strength of character regardless of your ability or economic status.

PROGRAMS

JUMP START, ages 7 - 11

Improving fundamental athletic skills and self esteem for young athletes.

- Coordination
- Running technique
- Body weight strength
- First step quickness
- Flexibility
- Injury prevention
- Weight loss
- Self confidence

TOTAL PERFORMANCE, ages 12 - 16

Develop and enhance athletic performance for athletes.

- Improve speed
- Increase strength
- Improve agility
- Develop endurance
- Maximize jumping ability
- Decrease susceptibility to injury
- Boost confidence

TEAM TRAINING

Successful teams are fast, agile, strong, and flexible.. The Parisi Speed School is your resource for this information. Team programs are tailored to each team's specific needs and can be conducted for teams of all sizes, ages, and levels of ability at the Parisi facility or off-site at your location.

**MONTHLY TRAINING WITH UNLIMITED
SPORTS PERFORMANCE CLASSES
FROM \$99/month**

LL Pre Season Conditioning Camp

842 Clarke Ave
Bristol, CT 06010

Phone: 860-314-0122
info@parisibristol.com

www.parischool.com www.dkacademy.com



842 Clarke Ave
Bristol, CT 06010

Phone: 860-314-0122
info@parisibristol.com
www.parischool.com
www.dkacademy.com

 **DIAMOND KINGS**

BASEBALL AND SOFTBALL ACADEMY

**PARISI**
SPEED SCHOOL



Hitting

Speed, Strength,
and Agility



Fielding



Pitching



Little League
Pre Season
Conditioning Camp

842 Clarke Ave
Bristol, CT 06010

860-314-0122
info@parisibristol.com

www.parischool.com www.dkacademy.com



The Fastest Way to become a Better Athlete.

2012
LL Baseball Preseason Camp
REGISTRATION FORM

Little League Baseball Pre-Season Conditioning Camp

These DK and Parisi combination sessions will focus on DK's ability to deliver the finest instruction possible and the sports performance techniques that have made Parisi the nation's leader since 1991. An active dynamic warm-up, proper running technique, acceleration, first-step quickness, agility, change of direction, and relative body strength will all be emphasized along with executing proper fundamentals and advanced techniques of baseball.



Scheduling information:

What: 9 wk program on Sundays from Jan 29 to Mar 25. First 90 mins will be baseball skills with the DK Staff and the last hour will be physical training with the Parisi Speed School.

When: Sundays from Noon to 2:30

Fee: \$299

Registration Deadline: Jan 15, 2012

Why Parisi? The Parisi Speed School has been providing unique speed training programs for all athletes, of all sports, for more than 18 years. Parisi has trained over 500,000 athletes ranging from youth beginner levels to world class professionals in every major sport and the Olympics.

To register online, please visit dkacademy.com, mail the registration form, or call 860-314-0122.

Space is limited and pre-registration is mandatory

What will I get at Baseball Conditioning Camp?

- Repetitions Training** All players must take ground balls, hit, pitch, catch, and throw to maximize their skills.
- Endurance** All players must work the appropriate muscles in the appropriate fashion to improve all their baseball skills.
- Endurance** All players must TRAIN for the season, not practice for the season. Champions are made in the off season.
- Baseball Specific Movements** Players must master all movement when on offense and defense. Baseball is a game of reaction and players must learn proper technique for sprinting, jumping, decelerating and changing direction.
- Warm Up** A dynamic warm up is the CORRECT way to warm up the body. It activates the central nervous system and helps warm up the correct muscles that are about to be engaged on the field and while training.
- Strength** Core, lower, and upper body strength training is essential when becoming an overall better athlete and ballplayer. It's important to compliment the technique by learning through our program with proper training.
- Confidence** Confidence comes with hard work. Hard work is an attitude. We'll help push the athletes in the right direction for both on the field performance and off the field.

Name: _____

Grade: _____

Date of Birth: _____

Address: _____

Phone: _____

E-mail: _____

School: _____

Position: _____

T-Shirt - circle size: (Adult - S M L XL XXL) (Youth - M L)

Coach's Name: _____

Coach's Phone: _____

Coach's E-mail: _____

Parent's or Guardian's Name: _____

Parent's Phone: _____

Parent's E-mail: _____

Please make checks payable to:
Diamond Kings
842 Clark Ave
Bristol, CT 06010

Credit Card - check one: M Card Visa AMEX

Card Number: _____

Expiration Date: _____

Billing Address: _____

Release...In consideration of acceptance of my child in the Athletic Training Program outlined above, I hereby for myself, my child, their heirs, executors and administrators waive and release any claim we may have for damages against: Parisi Speed School, Parisi Sports, Inc.; Parisi Franchise Systems Inc; their officials, officers, employees or representatives; or their successors, for any and all injuries that may be suffered by my child while or as a result of participating in the above said program. I certify that my child has been checked by a licensed medical doctor within the last year and is in good health. I also certify that Parisi Speed School makes no guarantees that the athlete participating in this program will never get injured. I agree that my athlete is only entitled to the training sessions specified by Parisi Speed School for this Speed Camp. I am also aware that my athlete is not entitled to a refund unless a doctors states in writing that my athlete can not take part in the Athletic Training Program specified.

I certify that I am the Parent / Guardian the above mentioned athlete and am over 18 years old and agree to the conditions specified above.

Signature: _____ Date: _____