

***Community Partnership Opportunities  
between:  
Jamestown Soccer Club  
The Club and Parisi Speed School***

# The Clubs of Greensboro

## Upscale Fitness for Your Family



# The Parisi Speed School @ The Clubs



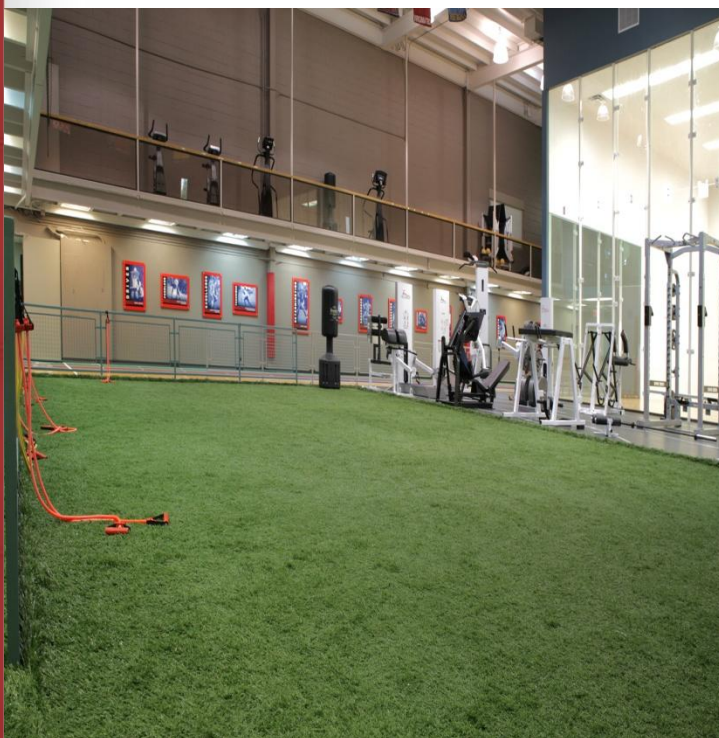
## Acceleration Track



## Strength Area



## Indoor Turf



## Outdoor Turf



## Team Training Sessions

**\$129 per session**

Team training sessions are designed to increase team speed and conditioning and improve teamwork and camaraderie. *One free session would be given to each team annually.* These 90 minute sessions can be scheduled on weekdays (early mornings, afternoons or evenings) and on weekends. Team Training can be done at your location! Up to 20 athletes per session.

### **New Team packages for 2010-2011:**

- **Buy 6 Sessions Get 1 Free**
- **Buy 15 Sessions Get 3 Free**
- **Buy 20 Sessions Get 4 Free**

## Individual Parisi Membership

**\$99 per athlete per month**

Individual Parisi membership would allow that athlete to attend an **unlimited amount of speed and conditioning classes at either Parisi location.** A minimum of three months would be required but the athlete may continue month to month after the initial three months or freeze the membership and resume at a specified date. Classes are held weekdays at 4:30 pm through 8:30 pm and on Saturdays from 8:30 am until 1:00 pm in one hour increments. Classes are separated by age groups (7-9, 10-12,13-15, 16+) and ability level.

### **New JSC Athlete option for 2010-2011:**

- **One Month Unlimited Training for \$159 (continue monthly @ \$99)**

## Free Performance Evaluations

The Parisi Speed School will provide a free Performance Evaluation to every Jamestown Soccer Club athlete. This assessment will help the athlete understand what limiting factors they need to work on to increase their fundamental athletic skills as well as how they compare to our national database of athletes. These can be scheduled individually thru our school or onsite in a team setting.

## **Free Coaches and Athlete Learn-by-doing Clinics**

These are workshops that can be done either on-site at a Parisi location or at the site of your choosing. Each workshop has a specific topic with the goal of having the participant learn the skills through participating in the movement as well as teaching others to perform the skills. Local and national presenters would be available to perform clinics such as:

- Proper Active/Dynamic Warm Up Methods
- Athletic Movement Assessment and Corrective Coaching
- How to Incorporate Performance Coaching into Practices
- Injury Prevention Training Methods

## **Sport Skills Camps**

The Parisi Speed School would provide staffing, instruction in performance enhancement and marketing support for Jamestown Soccer Skills Camps. These skills and performance combination camps can be a good source of revenue and skill development for Jamestown Soccer Athletics.

## **Free 45 day Club Membership for all Jamestown Soccer Families**

Fitness can be a family event with Parisi and The Club. We would provide a free 45 day membership to the staff and faculty of Jamestown Soccer Club. This would also include our fitness and nutrition programming free for 45 days.

## **Field Use at The Club at Oak Branch**

The Parisi Speed School at The Club at Oak Branch is equipped with a 45x15 yard turf field. Teams can use the field for team practices during specified times and days for no cost.

## What it is...

**A Workshop with the team to cover the Active/Dynamic Warm Up, Running Mechanics and either Change of Direction, Linear Speed, Conditioning or Strength.**



## Active/Dynamic Warmup

Analyzes movement, endurance and general conditioning

## Movement Screen & Running Mechanic Analysis

Analyzes athlete for motor skill, movement and mobility limitations

## Performance Tests

Series of tests designed to identify athletic weakness and areas for development.

### Sample Tests

- 10 Yard Dash (acceleration)
- Vertical Jump (power)
- 5-10-5 Agility (Change of Direction)
- 20 Yard Dash (Top Speed)
- Pull-ups (Body Strength)
- Broad Jump/5 Hop (power/endurance)