



Speed **Strength** Flexibility **Endurance**



Parisi Basketball Skills Academy 2010

- ✓ *Dynamic Warm-up/ Injury Prevention*
- ✓ *Ball Handling Skills (Ball control, front and behind the back dribbling)*
- ✓ *Ambidexterity Training*
- ✓ *Improve Acceleration and Change of Direction Abilities*
- ✓ *Improve Vertical Leap*

Session Days/Times



March 15th – 19th, 2010 (Monday-Friday)

7-14 years1:00pm – 3:00pm

Parisi and MAC Members..... \$200.00 for one week

Non Members..... \$250.00 for one week

Additional \$100.00 on above prices if you do not already own an Xrossover Vest

Register Now!!! *(only 10 spots available)*

(281) 497-7570

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www.fitmac.com

"The Fastest Way to Become a Better Athlete"

www.parischool.com/memorialac