



# ARE YOU READY?

## Summer Athletic Conditioning 2018

### 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 4th ends August 16th

**Partial Session Packages Available:**

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

13 year old and older...11:00am - 12:00pm

*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.parisischool.com/memorialac](http://www.parisischool.com/memorialac)

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



SPEED SCHOOL

Speed *Strength* Flexibility *Endurance*

## Summer Athletic Conditioning 2018

Memorial Athletic Club and Aquatic Center

Monday, June 4th - Thursday, August 16th

7-12 year old – 10:30am-11:30am

13 year old and older – 11:00am-12:00pm

### 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 4th – 7th \_\_\_\_\_ June 11th – 14th \_\_\_\_\_ June 18th – 21st \_\_\_\_\_ June 25th – June 28th \_\_\_\_\_  
 July 9th – July 12th \_\_\_\_\_ July 16th - July 19th \_\_\_\_\_ July 23rd – 26th \_\_\_\_\_  
 July 30st – Aug 2nd \_\_\_\_\_ Aug 6th – 9th \_\_\_\_\_ Aug 13th – 16th \_\_\_\_\_

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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