

PARISI Sports Performance Session Calendar

Fall 2016

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Performance Coaches
								Jeff Biehl
JS I	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am		Chris Daughtry
7-10 ages	6:30pm	5:00pm	6:30pm	5:00pm				Kellee Hafner
JS II	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am		Nat Kennedy
10 12 ages	6:30pm	5:00pm	6:30pm	5:00pm				Lana Maciel
								Andrew Slezak
TP I						11:00am (80-90)		Brittany Thompson
13 15 ages	5:00pm (80-90)	6:00pm	5:00pm	6:00pm	5:00pm (90)	Speed/Str.		
	6:30pm				Speed/Str.			
Strength		7:00pm	6:30pm	7:00pm				KEY
TP II						12:30pm (80-90)		JS I- Jump Start
15 -18 ages	5:30pm (80-90)	5:30pm	5:30pm (80-90)	5:30pm	5:00pm (80-90)	Speed/Str.		JS II- Jump Start
	Speed/Str.	6:45pm (80-90)		6:45pm (80-90)	Speed/Str.			TP I- Total Performance
Strength	7:30pm	Speed/Str.	7:30pm	Speed/Str.				(80-90): Combination of speed and strength session
Eval	By scheduled appointment only							TP II- Total Performance
	Please call (281) 497-7570							(80-90): Combination of speed and strength session



Current/Active Member Online registration

Memorial Athletic Club

14690 Memorial Drive Houston, Texas 77079

(281) 497-7570

www.parisischool.com/memorialac

P.E.A.K.- Parisi Elite Athletic

Knowledge **(Invite only)**

