



Core competency

Performance-based Training

- Speed
- Strength
- Agility
- Acceleration
- Flexibility
- Injury Prevention
- Enhanced Performance

Core mission

Life Skills

- Honesty
- Work Ethic
- Self-Discipline
- Confidence
- Responsibility
- Leadership
- Teamwork

Call Today (732) 292-4475

1904 Atlantic Ave., Manasquan, NJ 08736



TURF RENTAL

We are very excited to be able to announce that we have NEW turf in our Fieldhouse, giving you another great space to rent turf for your team training needs!

**Adjacent to the
Parisi Speed School**

Private Setting

**Weekend/Evening
Availability**

Limited number of hours available.

For inquiries, call the Fieldhouse
(732) 292-4475
www.theatlanticclub.com



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THE FASTEST WAY TO BECOME A BETTER ATHLETE®



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ABOUT US

Our training techniques integrate a positive training experience that facilitates athletic performance enhancement to improve speed and agility while also improving self-confidence which has a positive impact in competitive sports performance and in all aspects of life.

The staff at Parisi Speed School Powered by The Atlantic Club brings years of sports performance experience to help athletes improve their game.

Parisi Performance Coaches

The Performance Coaches at Parisi Speed School Powered by The Atlantic Club brings years of sports performance experience to help athletes improve their game. Learn more about each staff member on our website staff page. www.parisischool.com/theatlanticclub



EVALUATION

Until an athlete knows his or her current level of ability, it is impossible to realistically create goals and monitor progress. The Performance Evaluation is critical to every athlete in our program for 4 main reasons: » Assesses the current level of an athlete's ability: allows for proper grouping of the athlete in our program, allows for the proper exercise prescription to be developed, allows us to record and monitor progress while in our program.

GROUP TRAINING

(4+ athletes) This is an easy way for athletes to get into top shape and train throughout the year to maximize results. This training incorporates Parisi's Signature Speed Training Methods and the latest in Performance and Strength Training. The athlete first completes the Evaluation to assess strengths and weaknesses. Then the athlete will be placed into groups depending upon performance and age. **CREATE YOUR OWN SMALL GROUP!**

PRIVATE TRAINING

With private training, you get one-on-one training from Parisi certified instructors. It is ONE-on-ONE training with ONLY the athlete and a Performance Coach. The session will still focus on the core aspects of Parisi training, but the athlete will receive individual and personal attention.

TEAM TRAINING

Parisi team training has an intense focus on specific Strength and Speed training techniques centered around a team and their athletes' individual needs, recovery, nutrition and regeneration. The training is unmatched in its intensity and utilizes advanced training methodologies to help athletes break through previous speed and strength plateaus.

