

# Lacrosse Power and Speed

**PARISI**<sup>TM</sup>  
Powered by The Atlantic Club SPEED SCHOOL

## TRAINING

**Beginning Sept. 19th**

**2X WEEK / 1HR SESSIONS  
TUESDAYS 7PM & SATURDAYS 9AM**

**6 Week Programs | Ages 12 & Up  
Session 1: Sept. 19th - Oct. 28th  
Session 2: Oct. 31st - Dec. 8th**

### **Achieve**

- Increase shot velocity
- Develop efficient and explosive change of direction
- Improve lateral quickness
- Increase your speed endurance

### **Includes**

- Lazer timed 40 yard dash for LAX
- Video Analysis
- Complimentary strength and nutrition guide upon completion of the 6 week session

### **More**

- Speed Agility & Strength training to help athletes develop the physical qualities necessary to excel in their sport!
- No sport equipment is necessary
- Athletic apparel and sneakers required (no cleats)



Learn a combination of resistance training and Lacrosse Specific Drills to help develop the muscles and field awareness needed to perform at the highest level!

Our goal is to make transition runs up and down the field seamless and increase your overall ability!

### **Meet the Trainers**



#### **CORNELL KEY**

Widely televised, Cornell Key has trained professional athletes from the NFL, UFC, US Snowboarding and Pro Surfing, as well as local powerhouse St. John Vianney's Women's Lax team and local organizations like Phantom Lax.



#### **DAN OWNES**

Nationally ranked triathlete, Dan Ownes is the Cycling coach for Full Throttle Endurance, 4 time National Champion Triathlon Team. Program designer for Men's Health Urbanathlon and strength coach for numerous professional players.

**REGISTER BY 8/31 and SAVE \$50!**

**\$325 for 6 weeks (1 session) or \$599 for 12 weeks (2 sessions)**

**Call (732) 292-4475 or Register Online at Parisitac.com**