

APPLICATION

Name: _____

Grade: _____

Date of Birth: _____

Address: _____

Phone: _____

E-mail: _____

School: _____

Position: _____

T-Shirt - circle size: (Adult - S M L XL XXL) (Youth - M L)

Coach's Name: _____

Coach's Phone: _____

Coach's E-mail: _____

Parent's or Guardian's Name: _____

Parent's Phone: _____

Parent's E-mail: _____

Clinic Choice: Check one Session I Session II

Early Registration:

Make \$30 Check Payable to:

Parisi Speed School

Attn: Football Combine Clinic

21-A Oak Branch Drive

Greensboro, NC 27407

Credit Card - check one: M Card Visa AMEX

Card Number: _____

Expiration Date: _____

Billing Address: _____

Release...In consideration of acceptance of my child in the Athletic Training Program outlined above, I hereby for myself, my child, their heirs, executors and administrators waive and release any claim we may have for damages against: Parisi Speed School, Parisi Sports, Inc.; Parisi Franchise Systems Inc; their officials, officers, employees or representatives; or their successors, for any and all injuries that may be suffered by my child while or as a result of participating in the above said program. I certify that my child has been checked by a licensed medical doctor within the last year and is in good health. I also certify that Parisi Speed School makes no guarantees that the athlete participating in this program will never get injured. I agree that my athlete is only entitled to the training sessions specified by Parisi Speed School for this Speed Camp. I am also aware that my athlete is not entitled to a refund unless a doctors states in writing that my athlete can not take part in the Athletic Training Program specified.

I certify that I am the Parent / Guardian the above mentioned athlete and am over 18 years old and agree to the conditions specified above.

Signature: _____ Date: _____

NC Elite 100 Combine Clinic
March 6th & 7th, 2010



Parisi Speed School
21-A Oak Branch Drive
Greensboro, NC 27407

PARISI
SPEED SCHOOL

Do You Want To Play Football At The Next Level?

North Carolina Elite 100 Combine Clinic March 6th & 7th

Where: Parisi Speed School
21-A Oak Branch Drive
Greensboro, NC 27407
336.478.2663

Presented by the

PARISI
SPEED SCHOOL

Featuring information clinics on:

- College Recruiting
- Performance Nutrition
- Speed & Conditioning Training

Sponsored by:



No one has had more success than the Parisi Speed School in preparing athletes for Football Combine Tests.

Session I:

Saturday, March 6th

**Quarterbacks, Running Backs,
Defensive Backs and Receivers**

8:30 am - 9:30 am

Registration

9:30 am - 10:15 am

The Parisi Active Dynamic Warm-Up

9:30 am - 10:15 am

College Recruiting Presentation

10:30 am - 12:45 pm

Combine Stations

12:45 pm - 1:45 pm

Lunch & Performance Training Presentation

2:00 pm - 3:30 pm

Combine Stations

3:30 pm - 4:00 pm

Performance Nutrition Presentation

4:00 pm - 4:30 pm

Clinic Wrap-Up and Scores

Session II:

Sunday, March 7th

**Offensive Lineman, Defensive Lineman,
Tight Ends and Linebackers**

8:30 am - 9:30 am

Registration

9:30 am - 10:15 am

The Parisi Active Dynamic Warm-Up

9:30 am - 10:15 am

College Recruiting Presentation

10:30 am - 12:45 pm

Combine Stations

12:45 pm - 1:45 pm

Lunch & Performance Training Presentation

2:00 pm - 3:30 pm

Combine Stations

3:30 pm - 4:00 pm

Performance Nutrition Presentation

4:00 pm - 4:30 pm

Clinic Wrap-Up and Scores

NC Elite 100 Combine Clinic will address the following skill tests:

- **Vertical Jump**

Learn the secrets of how to develop your best vertical jump and the training techniques that will create overall explosiveness and how to increase useable strength through your legs, hips and core.

- **20 Yard Shuttle**

Learn the specific skills necessary to master the pro-agility drill. The 5/10/5 test is a measure of the athlete's ability to change direction. It shows what motor patterns the athlete is using, and if it is effective.

- **40 Yard Dash**

We break down the 40 into three phases: The Start, Acceleration and Top Speed. Each phase is critical to running your fastest 40 and each has specific techniques that will get you to your personal best.

- **Broad Jump**

Generating useable strength and power is an art form and we excel at teaching the mechanics necessary to go farther than you ever have before.

- **Three Cone L-drill**

This is the most technical of all the drills and the one that measures acceleration and change of direction. We place a tremendous attention to detail into this drill preparation and training.

This clinic is a great opportunity to learn the specific skills necessary from the best in the business on how to train to make your combine results stand out.

**Go to parischool.com for full
Parisi NFL Combine Results from 2001 - 2009.**

Register Today...Each Session is limited to the First 50 Athletes to Pre-Register!



Deion Branch, WR
Louisville
5-10-5: 3.76 seconds
Seattle Seahawks



Fabian Washington, CB
1st Round Draft Pick
Nebraska, 40-Yd: 4.25
Oakland Raiders



Bryan Thomas, LB
1st Round Draft Pick
University of
Alabama-Birmingham
40-Yd: 4.47 at 267 lbs.
New York Jets



Matt Jones, WR
1st Round Draft Pick
Arkansas, 40-Yd: 4.37/ 10-Yd: 1.47
Jacksonville Jaguars



Dunta Robinson, CB
1st Round Draft Pick
South Carolina, 40-Yd: 4.34 /
5-10-5: 3.75 seconds
Houston Texans



L.J. Smith, TE
Rutgers, 3-Cone: 6.74 /
5-10-5: 4.18 seconds
Philadelphia Eagles



Chris Simms, QB
Texas, 40-Yd: 4.78
Tampa Bay Buccaneers



Osi Umenyiora, DE
Troy State, 40-Yd: 4.67
New York Giants