



MARCH MADNESS SPECIAL



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Training Memberships**

**Membership options are
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Total Performance, and
Elite programs.**

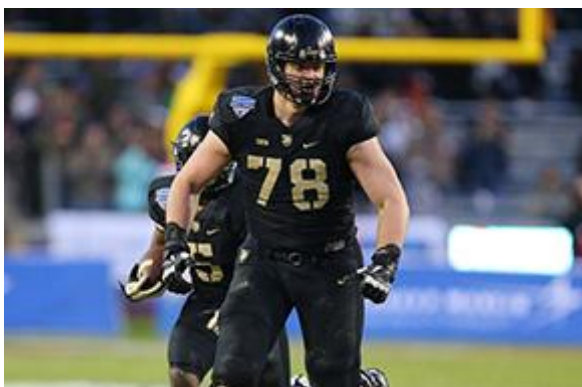
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Parisi Nation Challenge: March 24th

We want to invite both current and non-current athletes to our upcoming performance challenge. Watch the video to learn more about the event!



Sign Up For Free Here



NFL Prospect Brett Toth Prepares for 2018 Combine with Parisi

"I can see the transfer over between the agility (drills), the sprints and quick-twitch drills," he said. "But what's actually difficult are the explosive drills and strength drills because that doesn't really carry over as much (to military testing)."

[Read More Here](#)

New Athlete Interested In Joining The Parisi Team?

Get Your Free Eval Here

Winter Hours: Monday-Thursday 3:30 p.m.- 7:30 p.m.
Friday: 3:30 p.m.- 6:30 p.m.
Saturday: 9:00 A.M.- 12:00 p.m.

Parisi Speed School of Sparta | vziolkowski@parisispeednj.com | 973-579-2963 |
<https://www.parisischool.com/locations/parisi-sparta/>

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Parisi Speed School, 14 Park Lake Road, Unit #1, Sparta, NJ 07871

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