Program Description

This camp is for any wrestler who wants to be stronger in a clinch and faster in and out of a sprawl or scramble. We will train every wrestler who wants extreme conditioning to win matches in the final seconds. This is strictly a camp for functional strength and conditioning taught by local professional MMA fighter Nathan Prescott.

Nathan Prescott CSCS

- **Pro MMA Fighter**
- **Certified Strength and Conditioning Coach**
- **Serra Jiu-Jitsu Purple Belt**

PARISI® SPEED SCHOOL

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Bristol, CT 06010

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PARISI® SPEED SCHOOL

Intensity

Dedication

Perfection

FOR MIDDLE AND HIGH SCHOOL AGE WRESTLERS

CONNECTICUT WRESTLERS STRENGTH AND CONDITIONING CAMP

October 2nd—November 21st
Every Saturday and/or Sunday
from 1-2:30pm

Wrestling Program

Strength and Conditioning Program

Wrestling strength is difficult to achieve because in a match there are so many variables to a takedown or a ride to recreate any one is near impossible. We at Parisi have perfected a program specifically for wrestlers to get stronger and faster. Along with these new techniques are functional drills and work to rest ratios that are grueling but very effective.

What to Expect

Expect a workout that is challenging and extremely different. These workout are designed to make you a better athlete and to improve upon the anaerobic energy system so that you can be more powerful

Dates & Times

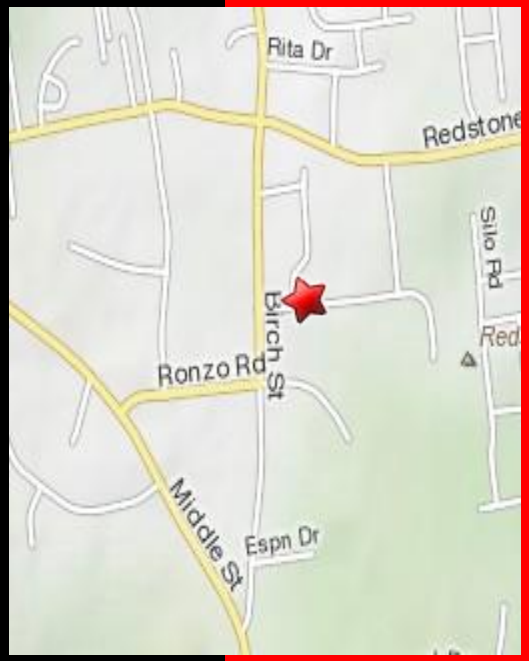
Saturdays and Sundays from October 2 to November 21
for Middle and High School Wrestlers

First half hour is a specially designed warm-up for wrestling which combines a dynamic stretch, functional strength component and a warming and loosening of all major joints. For the following hour, the drills will begin with the specific work to rest ratios. Each drill having their own specific purpose and meaning. Every session will with an extremely important core workout. After the core workout, an involved stretching routine follows.

Pricing Structure:
8 sessions Package Saturday 1-2:30
16 session Package Sat + Sunday 1-2:30
8 session package $159
16 Session package $200

Directions

Located just behind ESPN conveniently accessed off exit 31 on I-84, Rt 72, Rt 10 or Rt 229.



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