

PARISI SPEED SCHOOL ANNOUNCES SUCCESSFUL NFL COMBINE RESULTS

Class of '08 Included Top Draft Prospects Chris Long & Ray Rice

(March 11, 2008 - FAIR LAWN, NJ) – Parisi Speed School , the leader in youth fitness and sports performance training, has announced another successful performance at the annual NFL Combine Program held recently in Indianapolis . The 2008 class of twenty athletes that participated in Parisi's industry leading NFL Combine Training Program included top NFL Draft Prospects Chris Long and Rutgers Ray Rice, among others.

The 2008 NFL Scouting Combine is a critical event that can translate to millions of dollars for top performers. For six days from the RCA Dome in Indianapolis, prospective NFL players are put through a series of drills, tests and interviews with more than 600 NFL personnel including head coaches, general managers and scouts. And for most of these participants, their performance during individual drills at the combine will go a long way toward determining their draft status in April.

"The combine is very important in terms of how we look at players," Colts president and general manager Bill Polian said. "We look at everything in terms of how a player reacts, to how he interviews, to how he tests on drills. The better a guy does at the combine, the more favorably he'll do in the draft.



Martin Rooney, Chris Long, Howie Long & Parisi Founder Bill Parisi

Sportstars, a leading sports management agency based in Manhattan, has been sending their clients to Parisi for the last eight years. "We partner with Parisi Speed School because they offer our clients the best NFL Combine Training Program in the country," said Alan Herman, partner of Sportstars. "The results speak for themselves."

Over the past 7 years, The Parisi Speed School has been the nation's authority in preparing college football players for the NFL Combine. Parisi has produced the fastest 40 yard dash at 10 different positions, including the overall fastest man at the 2001, 2004, 2005 and 2006 Combine & the 3rd fastest man at the 2002, 2004 and 2006 Combine. Parisi athletes have also shattered six all-time Combine records in the 20 and 60 yard shuttles, 3 cone drill, broad jump and have won individual events at 10 different positions. These results have helped over 100 players get drafted over the past seven years.

"We are proud to be known as the leader in NFL Combine Training," said Bill Parisi, founder of Parisi Speed School. "We now look forward to draft day and the promising NFL careers of our participants such as Chris Long and Ray Rice."

Some Notable Performances from the Parisi NFL Combine Training Class of 2008:

Chris Long
DE, VA

#1 20 Yard Shuttle (DL)- 4.2
#2 Broad Jump (DL)- 10'4"
#3 L Drill (DL)- 7.02
#3 Vertical Jump (DL)- 34"

Arman Shields
WR, Richmond

#1 20 Yd Shuttle Overall-3.96 sec
#1 60 Yd Shuttle Overall-10.87 sec
#3 L Drill Overall- 6.67 sec
#4 Vertical Jump- 37.5"

Jerome Simpson
WR, Coastal Carolina

#1 All Time Broad Jump Record- 11'4 ft
#4 Vertical Jump- 37.5"

Ray Rice
RB, Rutgers

#2 L Drill Overall- 6.65 sec
40-yard Dash- 4.44

Ahtyba Rubin
DT, Iowa State

#2 Bench Press Overall- 35 reps
225 lb Bench Press- 35 Reps

Carl Nicks
OT, Nebraska

225 lb Bench Press- 31 Reps

Dre Moore
DT, Maryland

225 lb Bench Press- 31 Reps

Michael Grant
CB, Arkansas

40-yard Dash- 4.37

Jonathan Wilhite
CB, Auburn

40-yard Dash- 4.38

Cliff Avril
OLB, Purdue

#1 L Drill (DL)- 6.90

14 Athletes

225 lb Bench Press (20 Reps plus)

"We were extremely pleased with the outstanding individual performances from our athletes and the fact that eighteen of twenty placed in the top nine at their positions in at least one event," said Martin Rooney, Director of Parisi's NFL Combine Training Program. "This is a testament to the players' hard work and the quality of our staff."

Ray Rice of Rutgers agrees. "One thing you have to understand is the concept for training for the Combine. I came to Parisi Speed School as a football player and now I'm leaving as a skilled athlete."

ABOUT PARISI SPEED SCHOOL

Founded by Bill Parisi in 1992, Parisi Speed School 's mission is to Empower America 's Youth through speed training programs focused on improving strength, running technique and flexibility. The company currently has over 30 franchise locations sold across the United States and has trained over 100,000 athletes ranging from recreational youths to Olympic Gold/Silver medalists and professionals in the NFL, MLB, NBA and Mixed Martial Arts (MMA). As the premier NFL Combine training program, Parisi Speed School has produced over 100 NFL draft picks and has also worked as speed consultants for the NY Giants, Jets, Cincinnati Bengals and New England Patriots. Parisi Speed School has been featured by media outlets such as ESPN, Fox Sports Net, NFL Network, NBC, The New York Times, Sporting News and Sports Illustrated. For more information, visit www.parisischool.com

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