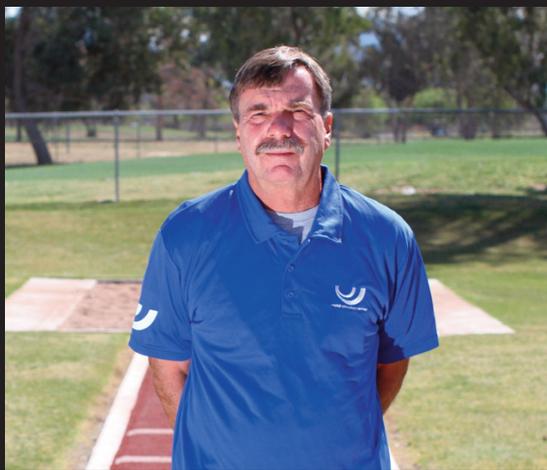
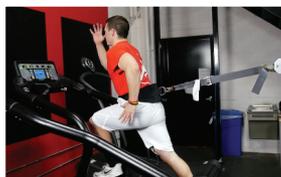


Parisi Speed and Strength Summit

First Time Ever Open to the Public - Limited Only 100 Spots
Featuring World Renowned Speed Expert



Dan Pfaff



2-22 Banta Place, Fair Lawn, NJ 07410

Saturday, October 21, 2017

Join us for a day filled with educational presentations and hands-on activities presented by Parisi Master Coaches.

Early Bird Special: \$149 by September 30th, After October 1st: \$189.

To Learn More & Register go to: www.2017parisisummit.eventbrite.com

Saturday, October 21, 2017

Parisi Speed School Fair Lawn

Time	Subject	Presenter
8:00am	Opening	<i>Bill Parisi & Steve Leo</i>
8:30am	Optimizing Performance through Integrated Practice Interventions Using Session Components as Movement Grids for Functional Performance Analysis	<i>Dan Pfaff</i>

During this presentation, you'll learn how to utilize information from an athletic sprinting movement screen that is specifically designed for speed and quickness in athletes.

This presentation will help you become a better coach, athlete and/or practitioner, as well as a better consumer of sports medicine services. The skills you learn will also aid you in improving communication among athletes, coaches and performance service providers, resulting in better coach/athlete reporting skills.

From a technical aspect, you'll improve your understanding of kinesiological factors for wellness, resulting in improved work quality and capacities for your athletes, while reducing acute and chronic injury occurrences, lost man hours and competition absences.



Dan Pfaff

World Champion Sprint and Jumps Coach

Dan Pfaff is an internationally experienced and recognized educator/coach with 44 years of multifaceted work. His background is in directorships of international training centres, coaching staff development, Division I intercollegiate track and field as a head coach, as well as numerous assistant coaching and teaching positions.

Pfaff has extensive experience as a lecturer and curriculum designer for international, national, regional, state and community level sports theory symposia and schools. He is a highly-qualified leader with demonstrated abilities in integrated support team management, coach and support staff development/mentoring, and community relations.

Performance Overview:

- Tutored 53 Olympians (10 medalists), 58 World Championship competitors (11 medalists), and five world record holders. Directed athletes to 57 national records. This includes two Paralympic Gold medalists and two Paralympic World Records.
- Served on five Olympic Games coaching staffs (five countries) and 10 World Championships staffs (six countries).
- Lectured in 37 countries and published in over 20 countries.
- Appointed coaching education curriculum chair for both the United States Track and Field Coaches Education Schools and the NACAC Caribbean Basin Project. Lead instructor for each organization at the Level I, II, and III schools.
- Provided consultancy to players and teams in the NFL, MLB, NHL, PGA, Canadian Winter Olympic Programs, WTA, AFL and European Soccer Leagues.
- Coached 29 NCAA individual national champions and 150 All-Americans. Lead staff member on teams that have won 17 NCAA National Team Championships (15 women, two men).

Schedule

Saturday, October 21, 2017

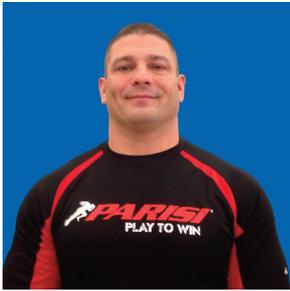
Location

Parisi Speed School Fair Lawn

Time	Subject	Presenter
10:30am	Break / Vendor Demo	
10:45am	Resistance Training & Power Transfer: Essentials for Injury Prevention and Enhanced Performance	<i>Chad Coy</i>

In this presentation, we'll discuss the science behind force production and resistance training. Discussion points will range from neural activation and achieving the greatest amount of force in the shortest time, to neural sequencing and its impact on injury prevention.

In addition, this presentation will cover the basics of resistance training, the importance of core strength and power transfer, as well as the impact of resistance training on athletes' self esteem, self confidence and mental toughness.



Chad Coy, B.S. CPT
Master Performance Coach

Chad Coy has been a part of the Parisi Speed School family since signing on as the 13th location in 2006. A graduate of Purdue University in 1991, Chad studied Exercise Science and Nutrition. Chad still has a strong commitment as an athlete, and has competed as a professional strongman since 1998. He has won Masters' America's Strongest Man Three times and placed second at Masters' Worlds two times, 5th once, 9th once and will compete in his 5th appearance August 5th and 6th. Chad joined the Master Trainer program in the winter of 2014 and takes great pride in helping educate the future coaches of the franchise.

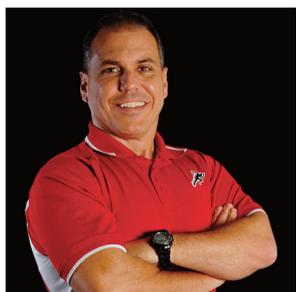
12:00pm **Lunch Break** *(not provided)*

Saturday, October 21, 2017

Parisi Speed School Fair Lawn

Time	Subject	Presenter
1:00pm	How to Apply the New Science of Speed Training to Your Athletes and Clients	Bill Parisi

Traditional science has shown that improved strength is one aspect of improving speed. New science shows that the ability to pulse muscles and create "high-frequency specific joint stiffness and relaxation," is the secret to generating maximum speed and power. In this session, you will learn the how's and why's of different training modalities, such as resisted speed exercises and isokinetic training. When performed correctly, these techniques can be used to increase speed and reduce injury for clients of all ages.



Bill Parisi *BBS, C.S.C.S*

Bill Parisi, Founder of Parisi Speed School and Parisi Training Systems, has been developing successful techniques to improve speed and agility in young athletes for over 25 years. His proven Parisi Youth Training System has made Parisi Speed School the leader in safe youth sport performance training. Over the past two decades, we have trained over 600,000 athletes and over 130 NFL Draft Picks.

- Author of "Success Patterns - Strategies to Building a Multimillion Dollar Training Business" and "Don't 'Should' On Your Kids: Build Their Mental Toughness"
- Recognized as one of the most successful personal training entrepreneurs in the world with a 25-year successful track record of consistent growth
- Built his original fitness business in 1992 from a \$500 van and \$50,000 in debt into a globally-recognized organization with yearly sales in excess of 20 million dollars
- Began franchising the Parisi Speed School and his proven methodology in 2005, which has since grown to over 100 locations in 31 states
- Over the last two-plus decades the Parisi Speed School has collectively trained over 130 NFL Draft Picks and over 650,000 athletes
- Honored with Professional Achievement Award by the NFL Strength and Conditioning Coaches Association
- Featured On Fox Sports, ESPN, CNBC and Spike TV, as well as in Running Magazine, The Sporting News, USA TODAY, Men's Health, And Club Business International.

2:00pm **Vendor Demo**

Time	Subject	Presenter
2:30pm	Organizing Chaos: How to Effectively Use Speed Drills	Steve Leo

The drill is not the skill. Learn how to look at movement first, not the drill. In this presentation, you'll learn how to select and optimize the best speed drills for your athlete's goals by gaining a better understanding of how to organize linear speed progressions for youth athletes. We'll also help you identify the best "internal," and "external," coaching cues for speed drills to enable your athletes for optimal performance.

**Steve Leo, CPT, USATF, USAW, FMS2, TRX***Master Performance Coach, Training Committee Chairperson*

Steve has worked for Parisi Speed School in Wyckoff, Midland Park, Fair Lawn and Morris Plains, N.J., for 20 years, as a performance coach and program director, and now owning his own successful Speed School location in Sparta, N.J. Steve helps to lead the corporate team in all training initiatives. He holds multiple professional certifications and has over 20 years of coaching experience; including professional athletes from the NFL, MLB, MLS along with thousands of College, high school and middle school athletes. Steve will teach you how to distill the high-level training information down so it can be incorporated into the beginner athletes' program

3:30pm	Hands-On Stations	Master Coaches
5:00pm	Wrap Up	