



The Parisi Speed School is offering all Andover Soccer Players a Free Demo class. Parisi Speed School is a nationally renowned youth sports training program that empowers athletes to improve their athletic performance by focusing on speed, strength, flexibility, endurance, and self-confidence. The Parisi Speed School has over 40 franchise sites throughout the country and has trained over 100,000 athletes in every major sport resulting in more than 115 NFL draft picks (including 2008 #2 pick Chris Long), record breaking Olympians, as well as many Division I college athletes. These same methods can help maximize your child's athletic potential. Parisi Speed School Training is the fastest way to become a better athlete.

Parisi training is offered to athletes of all ability levels starting at age 7 through the collegiate level. Team training is also available. To arrange for your free class please contact Parisi Performance Coach Dennis Castro at 978-373-1596 or by email at [dcastro@cedardale-health.net](mailto:dcastro@cedardale-health.net). Parisi Speed School is located at Cedardale Health & Fitness in Haverhill, MA - Exit #48 off of Rte. 495 – just minutes off the highway. For more information on Parisi Speed School please visit the national site at [www.parisischool.com](http://www.parisischool.com) and for local program details [www.cedardale.net](http://www.cedardale.net)