

Perfect and Protect

INJURY PREVENTION PERFORMANCE CLINIC

Presented by



From our Active Dynamic Warm-Up to our proprietary training drills and techniques, see how Parisi can help your athlete not only become better on the field...but stay on the field.

For: Sports Zone Athletes
Where: Brighton Sports Zone, 3195 Brighton Henrietta Town Line Road, Rochester, NY 14623
When: 3 Consecutive Tuesdays, **March 28th, April 4th, April 11th**
Cost: \$20 per session / \$45 for 3 pack
Time: 7:30pm - 8:30pm
Contact: Justin Re, Parisi Speed School Program Director • justin@parisirochester.com

Everyday 8,000 children are treated for Sports-Related Injuries. Children's bones, muscles, tendons and ligaments are still growing, making them more susceptible to injury. Ankle sprains, muscle strains, bone or growth plate injuries and repetitive motion injuries are the most common child sport-relate injuries. And once they get hurt, the risk of future injury increases, making prevention even more critical. Don't let your athletes add to these statistics!

Parisi Speed School Henrietta
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The Fastest Way To Become A Better Athlete®

