



Dry Land Training for Bradford Ski Team

The foundation of a great athlete includes:

- ◆speed
- ◆endurance
- ◆balance
- ◆injury prevention
- ◆strength
- ◆flexibility
- ◆coordination
- ◆nutrition
- ◆mental toughness

Training with Parisi Methods will improve all these skills and help you and your team achieve high-level performance.



Dry Land Training:

Day: Sundays **Oct. 16th - Dec 11th** (no class 11/27)
Time: Age 7- 9 3:30 - 4:30 pm
 Age 10+ 4:30 - 5:30 pm
Fee: \$96

Parisi Speed School is located at:
 Cedardale Health & Fitness
 931 Boston Road
 Haverhill, MA

All dry land training will be held at Parisi Speed School.
 Contact Harry Trout with questions. BSTdryland@gmail.com

Bradford Ski - Dry Land Training

Make checks payable to Bradford Ski Team and return with full payment to: Bradford Ski Team, P.O. Box 8111, Bradford, MA 01835
 No shows will not be made-up.

Name _____ D.O.B _____ Email _____

Address _____ City/State/Zip _____

Home Phone _____ Cell Phone _____ Parent Name _____

Emergency Contact _____ Work/Cell Phone # _____

Please circle ski group: Age 7 - 9/ Sundays, 3:30 - 4:30 pm Age 10 + / Sundays, 4:30 - 5:30 pm

Parent's Signature _____ Date _____