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Saturday July 31st Blanchester Veterans Memorial Park

The Parisi Speed School and Blanchester Youth football invite you to join us for the first ever CCYFL Youth Football Combine, this **NFL style football combine** will provide a **fun** and **exciting** alternative to the same old skills camp format. Athletes will learn the cornerstone to the Parisi Combine Training Program. Each Test will be broken down to specific teaching points of instruction; this will ensure that your player will learn how to maximize their athletic performance. *The younger your athlete learns how to take these test the better they will become at them!*

Instruction will consist of:

- Proper sprint start
- Proper sprint technique
- Proper jump technique
- Safe landing position
- 5-10-5 shuttle tutorial

Test will consist of:

- **10 & 40** yard sprint (laser timed)
- Vertical jump (**Vertec**)
- Broad jump
- 5-10-5 pro agility shuttle
- Pushups (replaces bench press)

Three sessions

Session 1

8:00	Check in
8:30-9:30	Instruction
9:30-10:00	Warm-up
10:00-11:30	Test

Session 2

11:00	Check in
11:30-12:30	Instruction
12:30-1:00	Warm-up
1:00-2:30	Test

Session 3

2:00	Check in
2:30-3:30	Instruction
3:30-4:00	Warm-up
4:00-5:30	Test

Receive a CCYFL Football Combine 2010 t-shirt if Pre-registered by July 16th 2010

Parisi NFL Combine Accomplishments from 2001 through 2010:

- 147 NFL draft picks
- Produced fourteen 4.3's in the forty yrd dash
- 3 All-Time NFL Combine Records
- Overall Fastest Man 4 out of the past 6 years
- Fastest man at 10 different positions

Now you can learn from the best in the business on how to train and take the football combine tests. If Parisi can improve the fastest athletes coming out of college preparing for the NFL, we can improve anyone at any level. You are never too young to start.

***Registration is limited to the first 100 participants per session. Reserve your spot today by logging on to www.dnasportscenter.com and following the registration instructions for the CCYFL combine. Contact BYF or the DNA Sports Center for more info.**



**ONLY
\$35
Per Athlete!**