



Official Training Program of the Sierra Youth Football League



www.ddaonline.com

Paris Total Conditioning Class Schedule

Parisi Total Conditioning is an athletically based training and education system utilized to enhance performance and self confidence.

This program allows the athlete to train an unlimited amount of times per week for a low monthly fee. This is an easy way for athletes to get into top shape and train throughout the year to maximize results. This training incorporates Parisi's Signature Speed Training Methods and the latest in Performance and Strength Training.

Month to Month = \$149/month

3 Months = \$129/month

6 Months = \$99/month

12 Month = \$79/month

- **Fund Raising for the SYFL: 15% of ALL new Parisi Program fees paid by SYFL athletes to Double Diamond will be repaid to the SYFL.** New SYFL Athletes must identify themselves during sign up.
- **Team or Individual Athletic Performance Evaluations at our facility included FREE.**
- **Preferred DDAC Club Membership pricing to all SYFL Families & Coaches = Zero enrollment and \$49 a month for 12 months (usually \$64 per month per adult)**

To schedule your Athletic Performance Evaluation or learn more about Double Diamond and the Parisi Performance Zone contact:

Eric Waller: Program Director, Parisi Performance Zone
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