



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

B.R. Ryall YMCA

TRAIN WITH THE BEST

We've partnered with Parisi Speed School to bring the BEST in youth sports performance training to the B.R. Ryall YMCA.

Parisi's training is unique because it focuses on the foundations of the whole athlete to ensure that they get stronger, faster and more agile, regardless of the sport.

Things that set us apart:

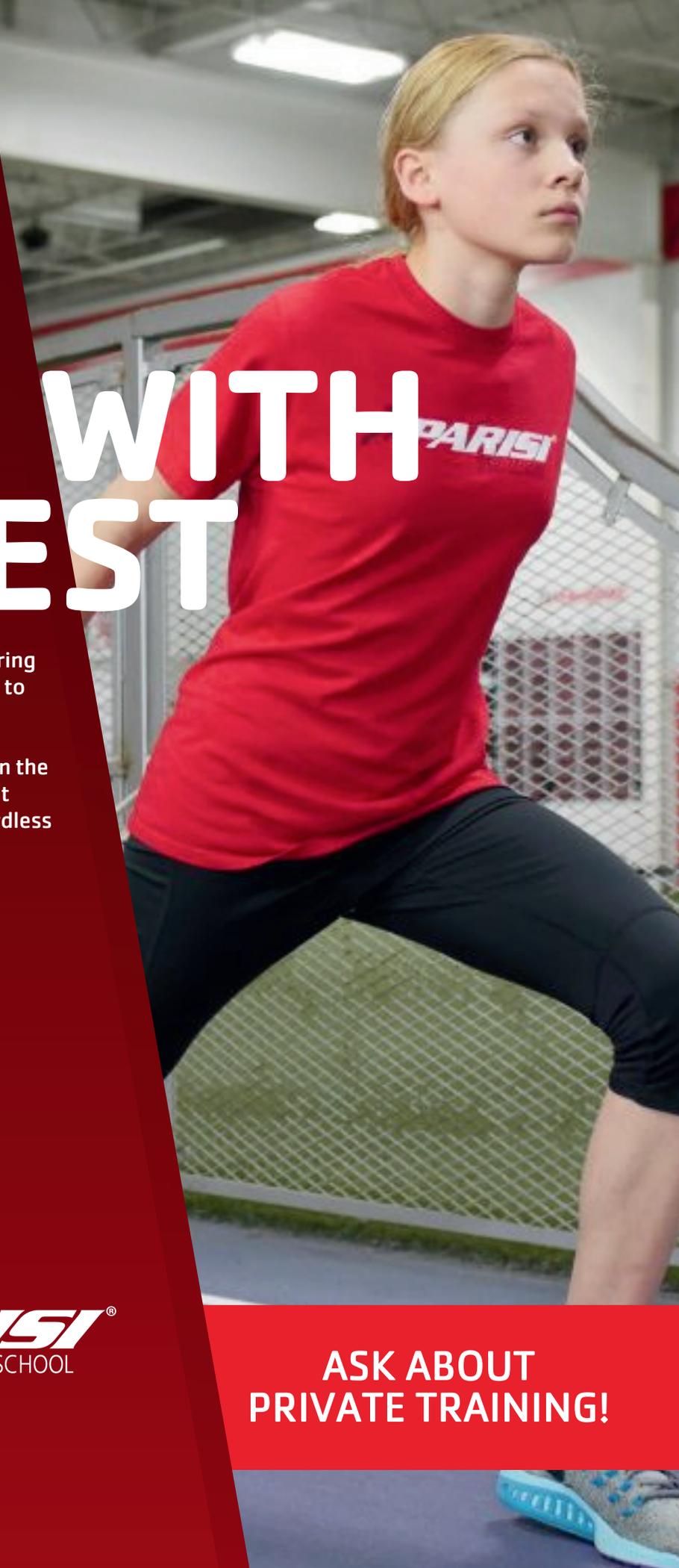
- ✓ Evidence-based techniques
- ✓ Expert coaches
- ✓ Programs for ages 7-18
- ✓ Reduced injury rate
- ✓ Focus on team culture

Scan the QR Code to learn more!



B.R. Ryall YMCA
49 Deicke Dr. Glen Ellyn, IL 60137
www.brlyallymca.org | 630.858.0100

ASK ABOUT
PRIVATE TRAINING!



REACH NEW HEIGHTS IN 2025 WITH OUR TRAINING PROGRAM

JANUARY 6 – FEBRUARY 15

AGES
7-11

JUMP START 1 & 2

Jump Start utilizes the most up-to-date research to build up an athlete's foundation to improve coordination and self-confidence. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills that will help them get faster and stronger to rise above the competition.

Jump Start 1 (Ages 7-9)

- ✓ Wednesdays 6:30-7:30 p.m. | Coach Charles

Jump Start 2 (Ages 9-11)

- ✓ Tuesdays 6-7 p.m. | Coach AI
- ✓ Thursdays 6-7 p.m. | Coach AI

Jump Start 1 & 2 (Ages 7-11)

- ✓ Saturdays 8:30-9:30 a.m. | Coach Jaden

AGES

11-14
(middle school)

TOTAL PERFORMANCE

Total Performance utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level programming is broken down into an individual focus per session: linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport-specific training.

- ✓ Tuesdays 7-8 p.m. | Coach AI
- ✓ Wednesdays 5:30-6:30 p.m. | Coach Charles
- ✓ Thursdays 7-8 p.m. | Coach AI
- ✓ Saturdays 12:30-1:30 p.m. | Coach Jaden

AGES

11-14
(middle school)

TOTAL PERFORMANCE STRENGTH

Total Performance Strength provides an introduction to strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength, while teaching optimal body mechanics in a safe, fun environment.

- ✓ Wednesdays 4:30-5:30 p.m. | Coach Charles

AGES

14-18
(high school)

ELITE PERFORMANCE

Elite Performance is designed for high school athletes playing at a varsity/high level with a solid athletic foundation. It focuses on speed and strength training methods, tailored to an athlete's sport and position. Elite athletes can expect a more comprehensive training prescription, with coaches designing programs to address areas of need.

- ✓ Tuesdays 8-9 p.m. | Coach AI
- ✓ Wednesdays 7:30-8:30 p.m. | Coach Charles
- ✓ Thursdays 8-9 p.m. | Coach AI
- ✓ Saturdays 1:30-2:30 p.m. | Coach Jaden

Fees:

\$150 Members
\$200 Non-Members

The fees listed apply to one selected class time per week for the entire session.

Questions?

Contact Jessica Rangel
Personal Training and
Sports Performance Director
jrangel@ryallymca.org
or 630.547.2009

Save on additional classes!

Register the same athlete for more than one class time and get a discount:
Members: \$20 off each additional class
Non-Members: \$10 off each additional class

Get to know
the coaches.

Scan the QR code to
learn more about
the coaches!





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HIT IT OUT OF THE PARK

OFF SEASON BASEBALL/SOFTBALL TRAINING

Stay sharp and get stronger this off-season with our baseball and softball training program! Our comprehensive approach focuses on skill development, strength, speed and agility to enhance your performance and prepare you to dominate when the season starts. With an emphasis on essential arm care, maintenance, and precise fielding footwork, we'll help you perform at your best on the diamond. Whether you're hitting, fielding or building overall athleticism, our training is designed to take your game to the next level!

MIDDLE SCHOOL

Prepare for success this season with our off-season training program designed for middle school baseball and softball players! Focus on building foundational skills, improving strength, speed, and agility, and developing the right techniques for hitting, fielding and throwing. Our expert Coach Al will help you stay active, improve your game, and get ahead of the competition so you're ready to shine when the season starts!

January 6 - February 15, 2025

Tuesdays 5-6 p.m.

\$150 Members \$200 Non-Members

Thursdays 5-6 p.m.

\$150 Members \$200 Non-Members

HIGH SCHOOL

Get ready to take your game to the next level with our off-season training program for high school baseball and softball players! Focus on advanced skill development; increasing strength and endurance; and refining your technique for hitting, pitching and fielding. Coach Al will push you to improve your athletic performance, enhance your mental toughness and ensure you're game-ready for the upcoming season. Make this off-season count and dominate when the season begins!

January 6-February 15, 2025

Tuesdays 4-5 p.m.

\$150 Members \$200 Non-Members

Thursdays 4-5 p.m.

\$150 Members \$200 Non-Members

*Save on additional classes! Register the same athlete for more than one class and get a discount:
Members: \$20 off each additional class Non-Members: \$10 off each additional class



Meet Coach Al

Coach Al played Division 1 ball at Coastal Carolina while graduating with Honors. When his playing days were over, he became a travel softball coach for his three daughters. In 2017, he opened a baseball and softball training facility called D-BAT in Columbia, SC. He enjoys sharing his passion for sports by training young athletes. His positive approach makes kids want to get better.

Certification:

- Parisi Speed School Certified Sports Performance Coach

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FOOTBALL TRAINING

WIN THE OFF SEASON

The off-season is where champions are made! Build strength, enhance agility and master your skills to stay ahead of the competition. Get ready to hit the field next season stronger, faster and more prepared than ever!

MIDDLE SCHOOL

Designed for middle school athletes, this program focuses on improving speed, strength, agility and endurance to help you dominate on the field. Our expert coach, Jaden will guide you through drills and exercises to build better movement patterns, enhance athletic performance, and prevent injury. Don't miss this opportunity to develop your skills and get ahead of the competition before next season!

January 6 - February 15, 2025

Mondays 5:30-6:30 p.m.

\$150 Members \$200 Non-Members

Fridays 5:30-6:30 p.m.

\$150 Members \$200 Non-Members

HIGH SCHOOL

This program is designed specifically for high school athletes looking to improve their strength, speed, agility and overall athleticism. Through intense training, you'll enhance your explosiveness, endurance and reaction time to dominate next season. Coach Jaden will push you to reach your full potential, helping you become a stronger, faster and more resilient player on and off the field. Prepare to outplay the competition!

January 6 - February 15, 2025

Fridays 6:30-7:30 p.m.

\$150 Members \$200 Non-Members

***Save on additional classes! Register the same athlete for more than one class and get a discount:**

Members: \$20 off each additional class Non-Members: \$10 off each additional class

QUESTIONS?

Contact Jessica Rangel
Personal Training and Sports Performance Director
jrangel@ryallymca.org or 630.547.2009

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Meet Coach Jaden



Jaden played college football at Wheaton College as a defensive lineman, where he set the school record for the clean at 395 lbs. He has since dedicated his career to building stronger athletes and individuals, both physically and mentally. Jaden aims to inspire clients to push their limits in the gym and in life.

Certification:

- Certified Strength and Conditioning Specialist (CSCS)
- USAW Level 1 & 2 Certified
- Parisi Speed School Certified Sports Performance Coach



Parisi Speed School is the official Sports Performance Partner of the Professional Football Strength & Conditioning Coaches Association. Parisi has produced more top NFL Combine ranking athletes than any other organization.

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