

Athletic Skills Competition

Excel Physical Therapy and Fitness is offering its nationally recognized Parisi Speed School at MapleZone Sports and Fitness in Boothwyn.

This new partnership will kick off with a free Cat Club Challenge, 9 a.m. to 1 p.m., June 6.

The Cat Club Challenge is a free athletic testing competition for ages 7-17. Participants will be assessed in various athletic skills such as sprinting, jumping, change of

direction and strength. Entire teams are welcome.

"The program teaches kids proper training techniques to avoid future injury, which is extremely important and overlooked in other exercise programs," says Cam McCormack, PT, for Excel Physical Therapy and Fitness.

For more information on Excel's Parisi Speed School, call 610-558-8211. For information on MapleZone Sports and Fitness, visit www.maplezone.com.