

## **FOR IMMEDIATE RELEASE**

Contact:

Sarah Casey

Maven Communications

267.546.9051

[scasey@mavenagency.com](mailto:scasey@mavenagency.com)

### **The Need for Speed**

#### ***Excel Physical Therapy and Fitness unveils sports performance enhancement program for young athletes at MapleZone***

**Philadelphia, PA** – *April 30, 2009* – Young athletes can now enhance their sports performance thanks to Excel Physical Therapy and Fitness' Parisi Speed School which has partnered with MapleZone Sports and Fitness. Parisi Speed School offers young athletes ages 7 – 17 speed, agility, strength, quickness and power instruction within a positive training environment.

“The Parisi Speed School is a fun and challenging program designed to not only improve an athlete’s performance but also develop discipline, confidence and work ethic,” says Cam McCormack, PT, for Excel Physical Therapy and Fitness. “The program teaches kids proper training techniques to avoid future injury, which is extremely important and overlooked in other exercise programs.”

The nationally recognized Parisi Speed School, a popular program at Excel’s Glen Mills clinic, will now be offered at MapleZone Sports and Fitness, located in Boothwyn, PA. It will debut with a free Cat Club Challenge on June 6, 2009 from 9:00 a.m. to 1:00 p.m.

The Cat Club Challenge is a free athletic testing competition, similar to a professional football combine. . Participants will be assessed in various athletic skills such as sprinting, jumping, change of direction and strength. Their scores will place them in an appropriate skill level group - from Bobcat to Cheetah. These levels motivate athletes to advance to the higher levels during subsequent tests. The Cat Club Challenge is a fun way to see how you measure up against other athletes.

Entire teams are welcomed at the Cat Club Challenges. Refreshments will be provided and athletes should bring sneakers and shorts. MapleZone Sports and Fitness is located at 1451 Conchester Highway, Boothwyn, PA 19061.

For more information about Excel’s Parisi Speed School, please call (610) 558-8211. For more information about MapleZone Sports and Fitness, please visit [www.maplezone.com](http://www.maplezone.com).

#### **About Excel Physical Therapy and Fitness**

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy and fitness programs dedicated to improving patient’s quality of life. Excel is the largest privately owned physical therapy practice in the Delaware Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association. For more information on Excel please call 1.866.88 EXCEL or visit [www.excelphysicaltherapy.com](http://www.excelphysicaltherapy.com).