

July

PARISI ACADEMY

Newsletter

Important Upcoming Dates:

Nutrition Class:

July 28th at 3:30pm

Training Pre-evaluations:

July 18th at 1:00pm

August 15th at 1:00pm

School Orientation:

August 3rd at 6:30pm

Introduction to Training:

August 22nd at 1:00pm

First Day of School:

September 7th

Summer Work for Math and Language Arts Due:

September 7th

Location for all Events:

Fair Lawn Parisi Speed School

2-22 Banta Place,

Fair Lawn, NJ 07410



We have several upcoming events throughout the summer.

- Optional nutrition class presented by our instructor, Khalil Harrison. Student-athletes will be provided with an overview of good nutrition principles that are necessary for physical and mental wellness. Come ready with questions! Topics include but are not limited to:
 - Definitions and functions of carbs, fats, and proteins
 - Sport and hydration
 - Should student-athletes use supplements?
- There are two training pre-evaluations set up on July 18th and August 15th. Student-athletes will only need to attend one of these sessions. If you cannot make either one of these evaluations please email Andrea Nolan as soon as possible to set up another date. These pre-evaluations are designed to test the student-athletes speed, agility, power, and strength. These scores create a foundation for the student-athletes athletic profile that will then be used in our programming.
- School orientation is set for August 3rd at 6:30 pm. Attendance of this orientation is extremely important for both the student-athlete and parent(s). We will be going over invaluable information, meeting key members of our staff and faculty, and giving everyone an opportunity to ask questions. If you cannot attend this orientation due to a conflict, please let Andrea Nolan know immediately so we can make other arrangements. You can reach Andrea at 201.450.5832 or email her at anolan@parisiprep.com.
- Optional Introduction to training class. Coach Dan Stickna, Lead Performance Coach, will give an introduction to training room rules, the use of TrainHeroic app, and expectations for the school year.

Should you have any questions prior to any of the events listed above, feel free to reach out to Andrea Nolan. We will be happy to help in any way possible.

Summer Work:

Mathematics:

Are you ready for Algebra 1 at Parisi Academy?! On the first day of school the "Readiness Skill Algebra 1" packet must be completed in its entirety and turned in for 50 points. In class, we will review and you will be given your first assessment which will count up to 50 points. The two combined scores will count as your first test grade of a possible 100 points. (*Packet is attached to email*) Please email apokorski@parisiprep.com with any questions about this assignment.

Language Arts

Choose one of the books below. Write a 1 page summary and include the following details:

- What stood out to you? (include important details)
- What did you learn?
- On the second page: List 15 new vocabulary words and define them.

Book Options:

1. The Boys in the Boat (Young Readers Adaptation): The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics- *Daniel James Brown*
2. Michael Jordan: The Inspiring Story of One of Basketball's Greatest Players- *Clayton Geoffreys*
3. Heart of a Champion- *Carl Deuker*
4. Kobe: Life Lessons from a Legend- *Nelson Pena*
5. The Sun also Rises- Ernest *Hemingway*

**The Mathematics packet and Language Arts summary are due on the first day of school, September 7th. Completion, work, effort and accuracy will count up to 100 points.



Dr. Gilbert's Ten Rules for a Successful Year:

1. Show up!
2. Pay Attention
3. Ask Questions
4. Ask for Help
5. Help Others
6. Take Great Notes
7. Do the Work.
8. Do Not Cheat
9. Do Not Quit!
10. Call Success Hotline: (973) 743-4690

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Final notes to the Class of 2022

I hope your summer is off to a great start! First, I would like to thank the parents for trusting us with such an important year of growth. A year of maturing socially, physically, and emotionally. It was a pleasure getting to know each and every one of you from the decision process through school year.

To the student-athletes, I want to thank you for your hard work, continued dedication, wonderful memories, and the learning that we have shared this school year. My advice is to always strive to be the BEST that you can be. Remember to sit up straight, put your best foot forward, and do not plagiarize.

Here's to an exciting new future ahead of you! - Mrs. Nolan

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It was a pleasure working with this very special group of student athletes. Watching them mature emotionally, socially, and academically solidified how this year helped all of them become more prepared for what lies ahead of them. I wish all of you the best of luck as you enter high school. Have a great summer.

Mrs. Pokorski

It's been an absolute pleasure working with the student-athletes this year. There is great satisfaction in seeing them grow throughout the year. It's great to see their confidence increase, their athletic skills grow, and their ability to work with each other as a team. It's also a pleasure to see their minds open and to hear their opinions in-class discussions. Wishing them all the best in their future endeavors.

Mr. J

It was amazing to see a class of young men and women mature into high school students. Not only did they mature mentally and physically, but also intellectually and with their ability to write.

Best of luck!

Mr. Harrison

What an amazing year with these student-athletes. They have really grown and matured since September. I am so impressed with their progress in reading, writing, and speaking. I can't wait to see the success in high school!

Mrs. Haftek