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FOR RELEASE

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**High School Football Combine Scheduled
for MVP's Parisi Speed School**

GRAND RAPIDS, Mich. – Parisi Speed School at MVP High School Football Combine will be held at MVP Fieldhouse in Grand Rapids June 20, 2009. It is open to all current 9th, 10th, 11th, and 12th grade athletes (graduating classes of 2009-2012).

Parisi Combine tests are designed to assess an athlete's speed, power, strength, endurance and agility, and determine where an athlete's strengths lie and find out what needs improving for the future.

Parisi Speed School NFL Combine has produced 117 athletes drafted to the NFL, 14 4.3's in the 40 yard dash, 3 all-time NFL Combine records, overall fastest man 4 out of the past 6 years at the NFL Combine, fastest man at 10 different positions.

High School Football Combine check-in begins at 11 am with the tests starting at 12 noon. Tests include: 40 yard dash, 20 yard shuttle, 3 cone drill, vertical jump, broad jump, bench rep. max, height, weight, and body composition.

Registration is \$60 and is limited to the first 200 athletes. Athletes pre-registered by June 6th will receive an official MVP Sports Performance athletic bag. Parents, youth recreation and high school coaches are invited to attend and observe. For more information or to register, call 616-328-8115 or go to the MVP Fieldhouse website at www.mvpclubs.com.

Parisi Speed School at MVP is a performance enhancing training program designed to maximize the physical and mental potential of athletes ages 7 and up. Nationwide, the Parisi Speed School has trained more than 40,000 athletes, improving their performance, maximizing

their personal edge, and providing a distinct advantage in today's world of increasingly competitive athletics.

MVP Fieldhouse is located at 5435 28th St. Ct., in Grand Rapids. It is the premier state-of-the-art sports and recreation facility in West Michigan and the local and regional site for soccer, lacrosse, football, basketball, volleyball, MVP Sports Performance Center featuring Parisi Speed School at MVP, youth and adult leagues, tournaments, specialized camps and clinics and other sports events.

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MVP Sports Clubs is a sports-facility development and management company headquartered in Orlando, with operations in Florida and Michigan. MVP Sports Clubs facilities include RDV Sportsplex in Orlando, and six Michigan facilities; MVP Sportsplex, MVP Metro Club, MVP Fieldhouse in Grand Rapids, MVP Athletic Club in Holland, MVP Athletic Club in Rockford, and MVP Sports Spot in Kentwood. MVP Sports Clubs actively pursues other fitness and recreational projects throughout Michigan and Florida. The mission of MVP Sports Clubs is to enhance the lives of individuals and families in our communities through exercise, sports and recreation, by providing world-class facilities and programs all within an environment of active fun.

As a reminder, MVP Sports Clubs strictly abides by its media policy as follows: All media requests, including interviews and videotaping must be received at least 45 minutes before event start time. Live video feeds must be cleared at least one hour in advance. Please direct all requests to Jean Kingsford, Communications Coordinator at (407) 916-4233.