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**FOR RELEASE**

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**MVP Sports Performance Training  
Featuring Parisi Speed School Opens at MVP Athletic Club**

**HOLLAND, Mich.** – MVP Athletic Club at 650 S Waverly Road announces the grand opening of MVP Sports Performance Training featuring Parisi Speed School at MVP, June 27, 2009.

A special early preview will feature a free performance challenge week June 22-25, for ages 7 and up. Free open testing will be offered at 9 am and again at 6 pm Monday through Thursday preceding the facility's official opening to the public, June 27.

Parisi Speed School at MVP has trained numerous local and national caliber athletes including Pittsburgh Pirate All-Star outfielder and Gold Glove winner Nate McLouth.

"Sports Performance Training with the Parisi Speed School at MVP is a cutting edge system that has got my body into peak condition for the upcoming year," McLouth said recently.

Parisi Speed School at MVP is a performance enhancing training program designed to maximize the physical and mental potential of athletes. 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.

Parisi Speed School at MVP offers three specific programs for athletes plus speed camps, one-on-one and team training. Jump Start (ages 7-12) focuses on improving fundamental athletic skills and self esteem for younger athletes. Total Performance (ages 12-18) is designed to enhance athletic performance for middle school athletes through high schoolers with college

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sports aspirations. PEAK (ages 15+) is designed for collegiate and professional athletes and entry is determined by overall performance rather than by age.

MVP Athletic Club - Holland, is a 102,000 sq. ft. member-based facility providing the latest in health and fitness, including state-of-the-art cardiovascular and strength training equipment, group exercise, basketball, spa-quality locker rooms, both indoor and outdoor aquatic centers, tennis center and a super-sized kid's area.

For more information about Sports Performance Training featuring the Parisi Speed School at MVP, or to register for testing, contact 616-594-7022.

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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.