

PARISI SPEED SCHOOL

JUNE 2007 RECORDS DAY RESULTS

NAME	40-YARD DASH	PRO AGILITY	VERTICAL JUMP	BROAD JUMP	CHIN-UPS	BENCH PRESS	DEAD LIFT
Adam Rizzo	5.52	5.13	23.00	6.85	n/a	185lbs 15 reps	225lbs 30 reps
Brian Wallace	5.45	4.96	20.00	7.40	5	135lbs 10 reps	225lbs 11 reps
Chris Liguori	5.40	5.00	19.00	7.00	8	185lbs 6 reps	225lbs 21 reps
Frank Peluso	5.80	5.03	19.00	6.85	4	185lbs 1 reps	225lbs 20 reps
Malcolm Brown	4.65	4.37	29.00	9.00	15	185lbs 7 reps	225lbs 20 reps
Dan Eichner	5.40	4.84	20.00	6.60	6	n/a	135lbs 15 reps
Michael Antretter	4.93	4.70	27.00	8.15	11	185lbs 15 reps	225lbs 17 reps
Pat Basil	5.68	5.08	24.50	7.50	2	185lbs 17 reps	315lbs 18 reps
Dan Basil	4.70	3.96	33.50	9.70	16	185lbs 17 reps	225lbs 31 reps
Nick Wisniewski	5.28	4.98	22.50	7.10	6	135lbs 5 reps	225lbs 20 reps

1st PLACE AWARDS

40-YARD DASH

Malcolm Brown 4.65

PRO AGILITY

Dan Basil 3.96

VERTICAL JUMP

Dan Basil 33.50

BROAD JUMP

Dan Basil 9.7

CHIN-UPS

Dan Basil 16

BENCH PRESS

Pat Basil 17

Dan Basil 17

DEAD LIFT

Pat Basil 18

Congratulations to all athletes !!!

Participant of Records Day, remember to contact LI Elite Athletes for your free online sports resume/profile.