

Dynamic Systems in Action:Evolving Athletic Skill with Tidal Tank Training

Presented by Bill Parisi, Founder of Parisi Speed School

At Parisi, we develop speed and athletic skill by focusing on the dynamic interplay between the athlete, the task, and the environment. With Tidal Tank, we integrate perturbation-based drills that challenge athletes to self-organize—moving beyond isolated muscle work to train true functional coordination. The constantly shifting water load in the Tidal Tanks demands real-time adjustments, building core stability, balance, and intermuscular synergy under unpredictable conditions.

This system creates adaptable, resilient athletes—ready for the chaos of real-world competition.

You'll learn how to:

- Design perturbation-based drills that build adaptable, competition-ready athletes
- Replace outdated muscle-isolation routines with real-world movement training
- Use Tidal Tanks to challenge core stability, balance, and reactive strength
- Create high-value sessions that engage athletes and differentiate your brand
- Turn better training into better business growth

Whether you're a coach, gym owner, or performance specialist, this webinar will elevate your coaching system and your business strategy.

Roadmap for Rotational Success

Presented by Eric Cressey, Cressey Sports Performance

Join world-renowned performance coach Eric Cressey for an in-depth look at how 3D motion analysis and fascia-based principles are redefining the way we assess, train, and optimize rotational athletes.

In this exclusive webinar, Eric will walk you through his “Roadmap for Rotational Success” — a comprehensive approach to developing power, precision, and durability in athletes who depend on high-speed rotational output. Drawing from his extensive experience with elite baseball players, golfers, and other rotational sport athletes, Eric will connect the dots between testing, assessment, and programming, demonstrating how data-driven insights can elevate every aspect of training.

You'll discover how to:

- Integrate 3D motion capture and biomechanical testing to identify key movement inefficiencies and compensations.
- Apply a fascia-informed lens to rotational training — understanding how force transmission and elastic recoil influence rotational velocity.

- Build individualized programs that balance mobility, stability, and power while preventing common overuse injuries.
- Translate assessments into actionable programming strategies that improve on-field performance and longevity.

Whether you work with baseball players, golfers, tennis athletes, or any sport requiring rotational power, this session will give you the framework, tools, and insights to coach smarter and create sustainable success.

Unlocking the Anatomy of Speed: 3 Coaching Shifts That Make Athletes Faster **Presented by Steve Leo, Parisi Speed School Lead Master Coach**

Join Parisi Master Coach Steve Leo for a free 45-minute webinar that reveals the 3 critical coaching shifts every trainer must make to unleash true speed potential in their athletes.

You'll discover:

- Why most speed training programs fall short and how to fix them
- The overlooked role of fascia in acceleration and change of direction
- How to coach movement, not just muscles, for results that stick

Whether you coach youth, high school, or elite-level athletes, this webinar will give you tools you can use immediately and show you how to take your coaching to the next level.

The 6 Figure Performance Coach **Presented by Casey Lee, CSCS**

The Six-Figure Performance Coach is designed to help Sports Performance Coaches build a clear, repeatable path to financial growth. This presentation breaks down the three essential skill sets every coach needs to scale their business: identifying the most effective revenue streams, aligning the right price points with those offerings and guiding ideal clients into them, and finally, understanding which parts of the business should remain personal and which can be strategically automated without sacrificing service quality. As the first installment in a new series launching in 2026, this session sets the foundation for coaches who want to elevate both their impact and their income.

Deceleration Made Simple Masterclass **Presented by Casey Lee, CSCS**

In this practical masterclass, the Parisi Team breaks down the art and science of deceleration - the most overlooked skill in athletic performance. You'll learn how to coach athletes to absorb force efficiently, control momentum, and move with confidence in every direction.

Whether you train youth athletes or professionals, this session will give you actionable strategies to immediately enhance performance and reduce injury risk.

What You'll Learn:

- The key physical and technical prerequisites of great deceleration
- How to integrate deceleration seamlessly into speed and strength sessions
- Level-based progressions for every athlete—across sagittal, frontal, and transverse planes
- Coaching cues and regressions to teach control before chaos
- Access to a hyperlinked Movement Bank featuring all drills demonstrated in the masterclass