



*Paraggi*<sup>SM</sup>

"Paragi LLC strength and conditioning has been one of my keys to success over the past 8 years. I began training with Paragi in 2006 with my high school basketball team. We were a family and she took us under her wing like a big sister- pushing us to do our best. Paragi is dedicated to her athletes and often goes above and beyond for anyone who is willing to work hard in order to achieve set goals and results. I saw immense difference in my strength and overall conditioning level and started working out with her for baseball as well.

As a professional baseball player it is important that in my off-season, I stay in shape and work on anything that needs to be improved for the upcoming season. Every year I train with Paragi, I see the results paying off during the season.

The best things about working with Paragi are: (a) knowledge for baseball specific workouts; (b) high and positive energy; (c) commitment and motivation. In addition she will mentally and physically push you to your limit while, guiding you from start to finish. Paragi is an exceptional strength and conditioning coach who I would highly recommend to anyone seeking improvement."

## About Paragi Shah

Paragi Shah is the founder and owner of Paragi Strength and Conditioning. For the past 13 years, she has been working as a strength and conditioning coach for college teams, individual athletes and fitness enthusiasts in the Greater Washington DC Metropolitan region. Her resume includes professional athletes, College and High School division/conference titles and national championship titles, and 4 McDonald's All-Americans. She has established herself as an industry leader for her creativity and programs to improve strength, power, speed, agility, explosiveness, conditioning and flexibility. She is highly sought for her services because of her unparalleled passion for her clients' success.

### Teams:

- Loyola College men's basketball team (Spring 2005 – Fall 2005)
- Morgan State University women's basketball (Fall 2011); softball (Fall 2011- Spring 2012)
- Bowie State University men's basketball (Fall 2010 – Present); women's basketball (Fall 2010 – Present); indoor and outdoor track and field (Fall 2010 – Winter 2011); softball (Winter 2010 – Spring 2011)
- Catholic University Of America men's basketball (Fall 2013 – Present)
- Gallaudet University men's basketball (Spring 2007)
- West Virginia Wesleyan College men's basketball (Fall 2013)
- Archbishop Carroll High School boy's basketball (Fall 2010 and Spring 2013)
- Bowie High School boy's basketball (Fall 2012 – Present)
- Eleanor Roosevelt High School boy's basketball (Fall 2005 –Present); baseball (Fall 2013 – Present); football (Spring 2013 – Present)
- Freedom High School boy's basketball (Fall 2007)
- Montrose Christian High School boy's basketball (Spring 2004 – Spring 2006); girl's basketball (Fall 2006)
- Paul VI Catholic High School boy's basketball (Fall 2007); girl's basketball (Fall 2012 –Fall 2013)
- St. John's College High School boy's basketball (Spring 2003 – Fall 2011); girl's basketball (Fall 2006 – Fall 2013); boy's lacrosse (Fall 2010 – Spring 2011); girl's soccer (Fall 2009 and Summer 2013); crew (Winter 2008 – Spring 2009)
- St. Vincent Pallotti High School boy's basketball (Fall 2013 – Present)
- Severn School boy's basketball (Summer 2014 – Present)
- Towson Catholic High School, boy's basketball (Spring 2007)

### AAU teams:

- Boo Williams, U16 and U17, boy's and girl's basketball teams (Summer 2010 – Fall 2011)
- Fairfax Stars, U15 and U16, girl's basketball teams (Spring 2013)
- Maryland United Lady Ballers, U12 and U13, girl's basketball teams (Spring 2008)
- Team SOL, U11 and U12, girl's basketball teams (Spring 2007)
- Team VISTA Lightning, U9 and U10 WAGS, girl's soccer teams (Spring 2012 – Present)



**L. J. Hoes**  
Houston Astros

# Paragi Strength and Conditioning Mission Statement

**Commit** athletes to understanding the benefits of strength, conditioning, and nutrition. A strong and functionally sound athlete is less prone to injuries.

**Motivate** athletes to reach their maximum potential for increased power, speed, and explosiveness.

**Lead** athletes to hone their skills, enable them reach their optimum mental toughness, and to always **BE GAME READY**.

## Our Pledge

At Paragi Strength and Conditioning, we value the opportunity to create strong lasting relationships with our clients and their families. One of the best feelings is to know that our clients are as proud of us as we are of them. We are the best in the Maryland, Virginia, and DC metropolitan area when it comes to customer satisfaction because of our great work ethic.

## Are You Game Ready?

### Paragi Strength and Conditioning is a lifestyle:

It's a comprehensive program that focuses on:  
Strength + Conditioning + Nutrition + Mental Toughness

### Functional Training:

Exercise has evolved so much over the years and Paragi Strength and Conditioning prides itself on developing fit and sound athletes who are injury free and are able to maximize their potential because of the sport specific workouts.



“Our girl’s basketball team has been working with Paragi for the past four years. In that time, I have seen a dramatic improvement in our team’s overall strength, stamina, agility, and overall conditioning. More importantly, however, our work with Paragi has instilled in our program a culture of hard work, commitment to excellence and healthy living, and a true understanding of what it takes both on and off the court to be a champion. Paragi has been instrumental to the successes we have enjoyed and we all look forward to continuing our great partnership for years to come.”



**Jonathan Scribner**  
Head Coach for St. John's  
Girl's Basketball Team.  
2012-2013 & 2010-2011 WCAC  
Champions  
(Washington Catholic Athletic  
Conference)

"I have trained with Paragi since I was thirteen years old. Now I am twenty-three and I still have her as my trainer.

Through every phase of my athletic career Paragi has pushed me and trained me every step of the way.

When I entered high school my main focus, athletically, was to get bigger and stronger. I was smaller than the guys I was competing against and Paragi helped me tremendously. She helped me put on healthy weight, I got quicker, and she also helped me with my explosion. During college, Paragi helped me stay in shape during the breaks when I was home and not training with the team.

I've been playing overseas for the past year and I compete against the best of the best on a daily basis. I can confidentially say Paragi has prepared me for those battles. She has worked with me on my first step and my reactions. Since basketball is a game of reactions, she has created drills to sharpen my reaction skills. She has worked on my balance as well as her giving me nutrition and lifestyle tips. She is energetic, has an incredible work ethic, and above all is passionate about her craft. I would not trust anyone else when it comes to getting my body in the best possible shape!

Paragi is a great strength coach that is fully dedicated to her training and you will not be able to find a trainer that is more passionate and driven than her as well as maintaining a great working environment for her athletes."



**Chris Wright**  
French League Eurocup -ASVEL

## **Individual, Group and Team Workouts**

Each athlete will go through a sport specific workout and will be given a workout card to chart his or her progression. Also, there will be monthly testing on strength and conditioning to further assess their development.

### **Conditioning Workout**

Every drill will be performed at full game speed and intensity.

**Footwork** using ladder, hurdle, cone drills, etc. to improve first step quickness and to help athletes move better around the court or field.

**Reaction work** via sound ignition, visual ignition, reaction balls, and similar techniques to improve anticipation and reaction time during the game.

**Plyometric exercises** by doing weighted jumps, forward and lateral bounding, and other explosive movements to enhance power, speed, and reduce risk of injuries.

**Agility work** incorporating cone drills, band running drills, and a range of speed drills to work on acceleration, proper deceleration, and the ability to rapidly change directions without the loss of speed, balance or body control.

### **Functional Training**

**Functional Movement Screen (FMS)** tests to identify those exercises that will be most effective to restore proper movement and build strength in each individual

**Core Development** will be specifically targeted using each workout as well as incorporated in the fully body strength training

**Stretching and Flexibility** will be implemented in every workout by performing dynamic warm-ups, using foam rollers, applying the concepts of yoga, etc.

### **Weight Training**

Full body workout using the HIT (High Intensity Training) method. Emphasis on proper form and techniques

### **Nutrition**

Each athlete will be provided with a nutrition guide that will educate him or her about pre-game and post-game nutrition, food facts and suggestions for weight gain or loss depending on individual goals.





## ***A few of Paragi's notable experiences include:***

- Conducted strength, speed and agility clinic at the Maryland School for the Deaf, Frederick Campus (April 2010)
- Featured on the TV show Absolute Body Power Media on Montgomery Municipal Cable (August 2008)
- Selected as a conditioning coach for Nike at the Jordan Classic, New York (April 2006)
- Served as a strength and agility testing instructor at the Regional Scout Camp Professional Football Combines, Maryland (Spring 2002-2006)
- Assisted with the Washington Redskins training camp under head strength and conditioning coach Chip Morton (Spring Training 2002)
- Interned under strength and conditioning coach Kurtis Schultz for the University of Maryland, College Park, men's basketball championship season (Summer 2001)

### **Paragi's elite clients include:**

Kevin Durant • L.J. Hoes • Lasan Kromah • James Gist  
Lindsey Allen • Greivis Vasquez • Malcolm Delaney  
Chris Wright • Drew Farber • Uche Echefu • Tunji Soroye  
Darnell Dodson • Vlad Moldoveanu • Erick Green  
Cameron Long • Marah Strickland • Trey Wilkes  
Mooriah Rowser • Jillian Dunston

**For more information** on services offered by Paragi Strength and Conditioning or to schedule a meeting for an introductory workout demonstration, please see below:

### **Paragi, LLC**

14737 Wexhall Terrace  
Burtonsville, MD 20866

**Cell:** 703-969-7781

**Email:** [paragi@paragi.net](mailto:paragi@paragi.net)

**Website:** [www.paragi.net](http://www.paragi.net)



- Paragi LLC



"I can't tell you how pleased I am with the results of Coach P's workouts with my team! To a man, my players all said they were so much more fit and ready to go! The six weeks we spent working out with Coach P played a very big part in our season record of 23-6, Division Championship, NCAA Tournament second round, and national ranking. Thanks Coach P, we are really looking forward to next year. I would highly recommend Paragi, LLC to anyone who wants and needs a high level of sports specific training."



### **Darrell Brooks**

Head Coach for Bowie State University Men's Basketball Team. 2012-2013 CCAA Champions (Central Intercollegiate Athletic Association)

***BE GAME READY***<sup>SM</sup>