



PARABOLIC

FOR IMMEDIATE RELEASE:

MEDIA CONTACT:

Ami Dow

P: 973-744- 2770

Ami@GoParabolic.com

PARABOLIC HOSTS QUARTERBACK ACADEMY AT SPORTIKA LED BY GARY NOVA AND MIKE BIMONTE

Parabolic Performance & Rehab, a leading sports performance training and physical therapy practice is hosting the “Parabolic Quarterback Academy” at Sportika in Manalapan, NJ. The 5 week session will be held every Tuesday and Thursday night between May 16th & June 15th from 8-9pm. Sportika, the largest training facility on the East Coast, includes a 97,000 sq ft high quality indoor turf (the largest in NJ) with a 54 foot high ceiling. The entire 5 week program (10 sessions) costs \$599 or the drop in rate of \$80 per session. The Academy will be run by Quarterbacks Coaches Gary Nova and Mike Bimonte.

Gary Nova is the all time leader in touchdown passes for a career for Rutgers University. Nova led the Scarlet Knights to three bowl games in his four years as a starter between 2011-2014 and was named Team MVP as a senior. Nova played at Don Bosco Prep in High School where he went 24-0 as a starter en-route to two state titles and a National Title in 2009.

Mike Bimonte served as the Quarterbacks Coach for the University of Delaware in 2016, his first full year on the Blue Hen football staff. A native of Manalapan, Bimonte was a three-year starting quarterback at Manalapan High School and was ranked as the No. 63 quarterback in the country according to ESPN.com as a senior. Bimonte played collegiately at Rutgers, serving as a backup quarterback.

Parabolic Quarterback Academy will teach a variety of skills including:

- Efficient throwing mechanics which will take stress off shoulder and elbow
- Developing a consistent and balanced throwing platform
- Proficient footwork and movement in and out of the pocket
- Overall Foot speed/quickness
- Drills to help enhance accuracy and velocity
- In depth Explanation of fundamental football knowledge

To register, email **QBAcademy@GoParabolic.com**. Sportika is located at 150 Woodward Rd, Manalapan, New Jersey, 07726. For more information on Parabolic powered by Sportika, please contact Ami Dow at 973-744-2770 or via email at Ami@GoParabolic.com.

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PARABOLIC

QUARTERBACK ACADEMY

MAY 15 - JUNE 14 (5 WEEKS)
TUESDAY + THURSDAY NIGHTS 8-9PM

QB COACHES

GARY NOVA + MIKE BIMONTE

FORMER RUTGERS QB

FORMER DI QB COACH

SKILLS YOU WILL LEARN

- EFFICIENT THROWING MECHANICS WHICH WILL TAKE STRESS OFF SHOULDER AND ELBOW.
- DEVELOPING A CONSISTENT AND BALANCED THROWING PLATFORM.
- PROFICIENT FOOTWORK AND MOVEMENT IN AND OUT OF THE POCKET
- OVERALL FOOT SPEED/QUICKNESS
- DRILLS TO HELP ENHANCE ACCURACY AND VELOCITY.
- IN DEPTH EXPLANATION OF FUNDAMENTAL FOOTBALL KNOWLEDGE.

\$599 FOR 10 SESSIONS OR \$80 PER DROP IN

TAKES PLACE AT SPORTIKA - 150 WOODWARD
RD, MANALAPAN TOWNSHIP, NJ 07726

REGISTER BY EMAILING:

QBACADEMY@GOPARABOLIC.COM

