CULPRIT ATHLETICS

PARISI SPEED SCHOOL

November / December 2026 Newsletter



Dean Haynes

A Note From Coach Dean

November was a month to be proud of. Our athletes showed up, put in the work, and represented our communities on some of the biggest stages in their sports — from Friday nights under the lights, to a national championship in Washington, to wearing Team USA across the world in China.

Thank you for trusting us with your athletes. Here's a look back at the month, and what's coming next.

November Highlights

Friday Night Lights: Two of Our Teams Played Into November

We spent the offseason training with two local football programs, and both of them earned their way into the second round of the GHSA state playoffs.

Northwest Whitfield (9–3) finished second in Region 7 and put together one of the best seasons in recent memory, scoring 402 points along the way. The Bruins hosted Oconee County in the first

round on November 14 and won 42–21, with Sebastian Johnson rushing for 123 yards and two touchdowns. They traveled to Cairo for the second round on November 20 and fell 57–8 to a very good Syrupmakers team. A 9–3 season, a home playoff win, and a region runner-up finish — that's a season to be proud of.





Dean with Northwest Whitfield's Kade Mitchell (#10), Zavien Villafuerte (#5), and Sebastian Johnson (#16) after the Heritage win

North Murray (5–7) wrote the comeback story of the year. The Mountaineers opened the season 0–5, then refused to fold. They won four of their last five regular-season games, earned a playoff spot, and went on the road in the first round on November 13 and upset sixth-seeded Ringgold 34–23 — the same Ringgold team that had beaten them in September. They fell to Northeast in Macon

in the second round on November 20, but the way that group fought back from an 0–5 start to playing playoff football in November says everything about them.





Dean with North Murray's Julio Perez (#8) and Harrison Horn (#19)

Both of these teams represented our communities the right way — tough, disciplined, and together. We're proud to have been a small part of their seasons.

Dalton State Cross Country: First Training Cycle Complete — and a Trip to Nationals

We completed our first full cycle of team training with the Dalton State women's cross country team, and the results speak for themselves. At the team's November 17 retest, the group improved

across the board: trap bar deadlift team average up from 152.3 to 198.0 pounds, vertical jump from 17.4 to 20.5 inches, rear-foot elevated split squat from 49.0 to 87.3 pounds, and chin-ups from 1.2 to 3.5 reps per athlete. Every paired athlete improved on deadlift, vertical jump, and split squat.

And the season itself ended on the national stage. Junior **Kylie Gray** finished fifth at the SSAC Championship in 23:14.5 (6:14 per mile), earning an individual berth in the NAIA National Championship — her second trip to nationals. She raced on November 20 in Vancouver, Washington, finishing 152nd out of more than 300 runners in 23:35.9. The Lady Roadrunners finished sixth of ten teams at the conference championship, led by Gray and top-30 finishes from Kate Girard and Yoselin Garcia.

Congratulations to Kylie and the whole team on a great season.



Dalton State Cross Country and Track team in a training session

Dalton State Basketball: A 7–2 Start — and a Win Over No. 8

The Roadrunners have kicked off the season strong at 7–2 overall and 3–1 in conference play, and they're receiving votes in the NAIA Top 25 Coaches' Poll.

The highlight so far came Tuesday, November 24, when Dalton State knocked off No. 8 Cumberlands 85–83 in overtime at Bandy Gym. The homestand also featured a 93–73 win over Point, a 76–74 thriller over Blue Mountain Christian — won on MJ Smith's putback with two seconds left — and an 80–71 win over UT Southern behind Raylan Barrion's 20 points.

We're proud to work with this group, and we're excited to keep building with them through the season.

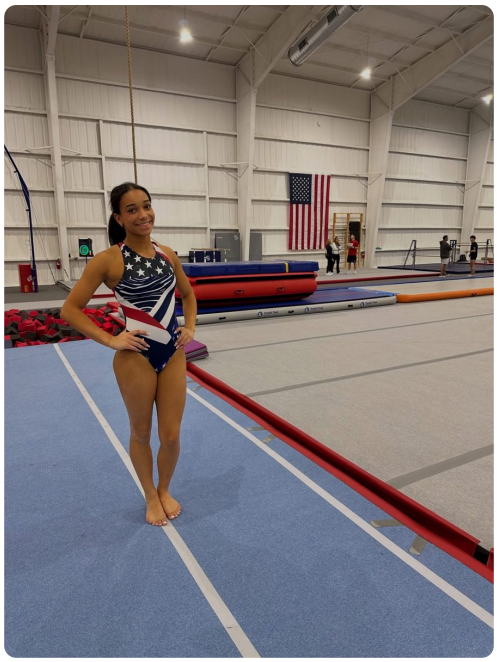


Dalton State basketball in a training session

Haleigh Smith Represents Team USA in China

One of our own wore the red, white, and blue this month. Culprit TNT athlete **Haleigh Smith** represented Team USA in tumbling at the Junior Trampoline & Tumbling World Championships and World Age Group Competitions in Nanjing, China, November 11–15, finishing 29th in women's tumbling qualifications. Haleigh is a member of the U.S. National Team, and competing on the world stage is the result of years of work and commitment.

Haleigh, we are so proud of you — and so thankful for the opportunity to work with you. What an incredible accomplishment.

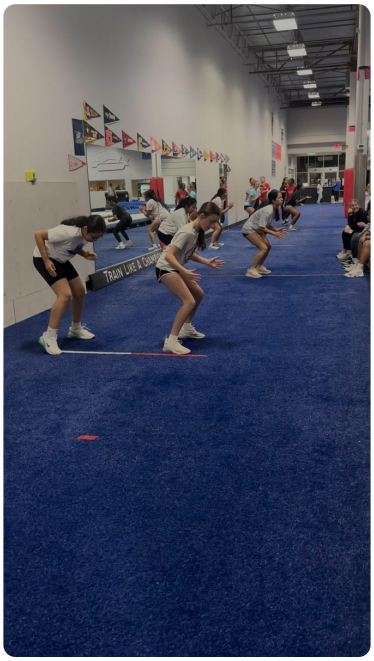


Haleigh Smith before her trip to China

New Partnership: Vibranium North Volleyball Club

This month we kicked off team training with **Vibranium North Volleyball Club**. We tested every athlete with our Dashr timing system and built individual player profiles for the whole group, so we know exactly where each athlete is starting and what to work on.

The girls have been working really hard in their sessions and are already making great progress as a team. We are very thankful to Coach **Yasmeen Paloblanco** for her willingness to let us come alongside her program and help her athletes make progress — and learn how to move more safely and efficiently.



Vibranium North Volleyball Club in a training session

New Equipment: Meet the T-Apex

We've added a new tool to the program: the **T-Apex**, a motorized resistance and assistance sprint training system.

In plain terms, it lets us train speed with precision we've never had before. It applies exact, consistent resistance while an athlete sprints, assists them into overspeed work to safely reach higher top speeds, and trains change of direction — all while measuring speed, force, distance, time, and power on every single rep, in real time.

What that means for your athlete: every sprint is measured, every rep has a target, and progress is no longer a guess. We're excited to put it to work across our speed programs.



The T-Apex

Coming Up in December

Coach Chad Ikerd's Baseball Offseason Program Kicks Off

Coach Chad Ikerd is launching a baseball offseason program — a small group of athletes training two times per week for six weeks, **starting Tuesday, December 1 and running through January 15**, at Culprit Athletics Dalton. Sessions meet **Tuesdays and Fridays from 7:00 to 8:00 PM**. The program is open to baseball players ages 12 and up, and costs $240. Each registered player receives a Dashr player profile, where all of their times are saved.

The program emphasizes speed, agility, and sprint mechanics, throwing velocity development and arm care, and strength training, along with laser-timed MLB combine and baseball-related testing. It's a focused, small-group environment for baseball players who want to come into the spring faster, stronger, and healthier.

The group is capped at 10 athletes, and **only about 5 spots are left**. To sign up, call the gym — spots will go fast.



Chad Ikerd's baseball program flyer

7on7 and Combine Prep: Team Meeting January 2

We're gearing up for our offseason 7on7 and combine prep program, open to **middle school and high school athletes**. The team meeting is **January 2 at Culprit Athletics Dalton**, where we'll go over the practice schedule, tournament schedule, and team dues. If your athlete is interested in 7on7 or combine prep this offseason, mark the date.



2026 Vendetta 7on7 after a tournament win

Parisi Re-Evaluations: Monday, November 30

We're running Parisi re-evaluations on Monday, November 30. This is how we measure progress and set the plan for the next block of training — don't miss it.

Holiday Closures

- **Thanksgiving:** Closed Thursday, November 26 through Sunday, November 29. Back to normal hours Monday, November 30.
- **Christmas and New Year:** Closed December 24 through January 3. Back to normal hours Monday, January 4.

Please plan around those dates, and enjoy the time with your families. We'll be ready to get back to work in the new year.

A Change to How We Schedule Classes — Starting in the New Year

As we head into the new year, we're making a change to how classes are scheduled — and it's all about giving your athlete more of what they need.

We're capping classes at 8 athletes. Smaller groups mean more individual coaching, more attention to every rep, and faster progress for every athlete in the room.

Here's how it will work: once a class fills, we'll start a waitlist. When a waitlist reaches 4 athletes, we'll add an additional class to the schedule for that group — so nobody who wants to train is left waiting.

What this means for you: **please start locking in your athlete's training schedule ahead of time.** With smaller classes, spots will fill faster, and booking ahead is the best way to make sure your athlete keeps their regular time.

We're making this change because we care about the individual needs of every athlete we work with. Better coaching ratios, more attention, faster progress — that's the goal.

Thank You

Thank you to every athlete and family in the Culprit community — and to the coaches, schools, and clubs who trust us with their programs. November reminded us why we do this work, and we're excited for what's next.

See you in the gym.

Dean Haynes
Parisi Associate Master Coach
Program Director
Culprit Athletics