PARISI™

LOCATED INSIDE UNIVERSAL ATHLETIC CLUB SPEED SCHOOL

Level 1 (Ages 7-11)

Focus: Building the Athletic Foundation

Parisi's Level 1 Jumpstart program introduces young athletes to speed development, strength training, and proper sprint mechanics in a fun, supportive environment. Athletes improve coordination, bodyweight strength, first-step quickness, and running technique while building confidence and the essential foundation needed to advance to higher levels of performance.

Level 2 (Ages 12-18) Performance Grade 1-5

Focus: Developing Core Athletic Skills

Building on Level 1, this program continues to advance linear speed, multi-directional agility, deceleration, and strength. Classes break down into speed and strength, as they introduce true resistance training and proper compound movements at a tested, age-appropriate level. Athletes now enter a highly designed strength and conditioning program. Benefits include improved athletic performance, better coordination, and continued injury prevention.

Level 3 (12-18) Performance Grade 6-8

Focus: Advanced Performance Training

For higher-performing athletes, Level 3 increases intensity with explosive power development, elite sprint mechanics, advanced agility, and sport-specific strength. Training improves speed, power output, movement efficiency, and competitive edge while strengthening injury resilience. This level masters skills and optimizes performance, preparing athletes for college-level training systems.

Level 4 (All Ages) Peak Performance Invite Only

Elite Athletic Development

Our highest level for top athletes. Peak delivers personalized, high-intensity training focused on maximum speed, power, advanced mechanics, and competition-specific preparation. Athletes gain elite-level athleticism, mental toughness, and a significant competitive advantage. Level 4 Athletes are invited/tested in only.

Schedule Effective August 31st, 2026

Monday

4pm	Level 3	Strength
5pm	Level 2	Speed
6pm	Level 1	Jumpstart
7pm	Level 2	Strength

Tuesday

4pm	Level 2	Strength
5pm	Level 2	Speed
6pm	Level 3	Strength
6:30	Level 1	Jumpstart
7pm	Level 3	Speed

Wednesday

4pm	Level 3	Speed
5pm	Level 2	Speed
6pm	Level 1	Jumpstart
7pm	Level 2	Strength

Thursday

4pm	Level 3	Speed
5pm	Level 2	Strength
6pm	Level 2	Speed
6:30	Level 1	Jumpstart
7pm	Level 3	Strength

Friday

4pm	Level 3	Strength
5pm	Level 2	Strength
6pm	Level 1	Jumpstart

Saturday

10:30	Level 2&3	Strength

Training in Parisi Speed School is open to all youth Ages 7-18. Club Membership not required.

UNIVERSAL ATHLETIC CLUB