



JUMP START (Ages 7-11)

Focus: Sets an early athletic foundation

The Jump Start Program utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%.

The Jump Start Program has been proven to enhance: Coordination · Running Technique · Body Weight Strength
First Step Quickness · Flexibility · Injury Prevention · Weight Loss · Self Confidence

Jump Start is a must for any young person who wants to develop foundational athletic skills that will help them rise above their competition. Speed is a learned skill, and Parisi Speed School is the place to learn!

TOTAL SPORTS PERFORMANCE (Ages 12-18)

Focus: Programming that provides maximum, foundational improvement to support athletic performance

The Total Sports Performance Program utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques to produce maximum improvements in athletic performance.

At this level, programming is broken down into an individual focus per session. These are:

Linear Speed: Parisi's signature straight-ahead acceleration and top-speed running techniques.

Multi-Directional Speed: Agility and ability to decelerate and move in any direction quickly.

Upper and Lower Body Strength: Strength training exercises for muscle development and injury prevention. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport specific training. Athletes will also learn the skills and conditioning necessary to help prevent injuries through various warm-ups, exercises and techniques.

Many experts view the ages of 12-18 as the most ideal age for developing speed, strength and power over an athlete's entire lifetime. It is during this program that the athlete and Coach focus on the detailed, but critical specifics that are the basis for athletic success, in order to develop a good athlete, into a great one!

Monday

4pm (12-18) FULL BODY STRENGTH
6pm (7-11) JUMP START
7pm (12-18) LINEAR & MULTI DIRECTION SPEED

Tuesday

4pm (12-18) FULL BODY STRENGTH
6pm (12-18) FULL BODY STRENGTH
7pm (12-18) LINEAR & MULTI DIRECTION SPEED

Wednesday

4pm (12-18) LINEAR & MULTI DIRECTION SPEED
6pm (7-11) JUMP START
7pm (12-18) FULL BODY STRENGTH

Thursday

4pm (12-18) LINEAR & MULTI DIRECTION SPEED
6pm (12-18) LINEAR & MULTI DIRECTION SPEED
7pm (12-18) FULL BODY STRENGTH

Friday

4pm (12-18) FULL BODY STRENGTH
6pm (7-11) JUMP START

Saturday

1030am (12-18) FULL BODY STRENGTH



2323 Oregon Pike · Lancaster · 717-569-5396
www.UniversalAthleticClub.com

