



Celebrating 13 Years in 2013

Strength, Fitness And Speed founder Ed Wietholder and his staff have worked with many great athletes, coaches and parents from Pittsburgh and throughout Western Pennsylvania over the years.

SFAS has been the Pittsburgh region's leader in baseball-based sports performance training for 13 years

Tom Shirley, Houston Astros minor league pitcher, Xavier University and Norwin High

"I thought the Strength, Fitness and Speed program really helped improve my leg strength. The resistance running and jumping helped build endurance and explosive power. The program helped teach me how to train like a pro athlete."

**SFAS Latrobe - Latrobe, PA • SFAS Southeast - Court Time Sports Center, Elizabeth, PA
SFAS East - Monroeville Sports Center • SFAS South - Pleasant Hills Facility
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