



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 basketball-based sports performance training for 13 years

Ben O'Connor, Bethel Park High School boys' basketball coach

"With Ed, it is all about us and what we needed. He works with us and adapts on the fly to our needs. Ed also took a personal interest in our program and checks in on us from time to time with the team and the coaches."

SFAS Latrobe - Latrobe, PA • SFAS Southeast - Court Time Sports Center, Elizabeth, PA
SFAS East - Monroeville Sports Center • SFAS South - Pleasant Hills Facility
www.strengthfitnessandspeed.com • 412.653.7970 • ed@strengthfitnessandspeed.com