



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 football-based sports performance training for 13 years

Dom DeCicco Jr., NFL Chicago Bears Linebacker and former Pitt standout

"The techniques and programs at SFAS helped me prepare for a Division I college career and the ultimate goal of playing in the NFL."

Russ Stuvaints, former Pittsburgh Steelers Safety

"Thanks for everything, Ed. SFAS is an exceptional program."

Beau Gibbs, CFL Calgary Stampeders and Pittsburgh River Rats WR

"SFAS is a difference-maker. A top-flight program."

**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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