



## 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 soccer-based sports performance training for 13 years**

**Frank Vilkofsky, parent of Jessie Vilkofsky, Wheeling Jesuit University women's soccer midfielder**

*"Ed, just wanted to let you know that Jessie has been named the starting midfielder on Wheeling Jesuit University's women's soccer team. The starting lineup consists of 10 returning upper classmen, all starters last year, and Jess, who is the only freshman starter. I attribute a lot of her enhanced performance to the training she received from SFS."*

**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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