



Strength, Fitness And Speed, Inc.

The Leader in getting student athletes off of the bench and into the game

Why hire SFS for your Sports Performance Coaching needs?



FACE IT! How much time or expertise do you have to help your student athlete acquire the raw athleticism to compete in sports these days at middle or high school levels? Or even as competitive as recreation programs are these days? You may know some tricks of the trade or have some great advice from the internet, but do you really have the time or the expertise to blend this into an effective overall program? ***Is your student athlete's high school training program not quite working for you in terms of efficiency? For sports performance training to work it must be consistent, smart and full of experience and cutting edge information. We strive to compliment and synergize with all school based programs.***

As competitive as athletic programs are today, a sports performance coach is as necessary as a skills coach or your team coach. This is true whether your goal is just more playing time or playing at a higher varsity level or college athletics.

ATHLETICISM MUST BE DEVELOPED TO UTILIZE SPORT SKILLS

"Most conventional training programs are based on the fact that if you enter multiple leagues or practice sport skills endlessly then all other variables in the sport will be enhanced as well. While improving skills is critical, especially at younger ages, it is the improvement of the player's athletic skills (speed, reactive agility, strength, etc.) that will elevate the athlete to the next level."(Ed Wietholder, President and Founder of Strength, Fitness And Speed, Inc.)

We understand the needs of athletes because we have been consulting for 30 years and training for over 13. If your student athlete has reached a plateau or has his or her goals set on playing sports at a higher level, contact us for our free report on how to correct the top 5 mistakes athletes of all ages make in their training.

ADDRESSING THE SPORTS PERFORMANCE NEEDS OF YOUTH, MIDDLE, JUNIOR, HIGH SCHOOL, COLLEGE AND PROFESSIONAL ATHLETES SINCE 1998

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4 CONVENIENT LOCATIONS TO SERVE

PLEASANT HILLS, PA

MONROEVILLE, PA

ELIZABETH, PA

LATROBE, PA

EMAIL US FOR A FREE REPORT ON HOW TO IMPROVE ATHLETICISM