



SFAS News

AUGUST 21, 2009

VOLUME 4, NUMBER 5

"Many athletes are interested, the unique ones are dedicated."

"The better you get, the more you need to work."

Great News:

We are proud to announce that Ed Wietholder and his SFAS staff have been named official sports performance coaches to the Pittsburgh Phantoms, our city's newest professional basketball team.

At a recent press conference held at Court Time Sports Center in Elizabeth, Wietholder stated that he felt as if his years of experience in developing athleticism as well as his company's experience working with athletes of this caliber would take these already gifted athletes to a new level.



Overheard:

Chad has ran a 4.45 at Akron and a 3.83 shuttle at Sacred Heart, 3.96 at Buffalo and a 3.93 at Ohio U. I really believe that the training that he received from the SFAS staff has helped him achieve his goals.

-Bob Bowman(Parent of Chad Bowman), now a DI Football Candidate Franklin Regional Football

I just want to say what an enormous pleasure it has been for Tara. You are a first rate, top-notch sports performance center and the time spent with you and the "2" Justins has made her a better, more efficient athlete. THANK YOU! The advanced training she received will surely put her a step ahead when she gets into camp at Maryland!

Sincerely
Gwyn Zollinger(Parent of Tara Zollinger)
University of Maryland recruit

Some of our SFAS athletes that made the MSA WPIAL Football Players To Watch List:

Joe Laukaitis (Upper St. Clair)
Adam Lazenga (Bethel Park)
Matthew Bliss (Bethel Park)
Tyler Sellw (Belle Vernon)
Spencer Lynn (Belle Vernon)

"The smarter you get, the less you realize you know"

"Pride is training hard when no one else is watching"

Ed Hasis (Thomas Jefferson)
Cory Sevcik (Elizabeth Forward)
Gerald Johnson (Elizabeth Forward)
Evan Kelly (Seton-LaSalle)
Hudnell Caldwell (Geibel)

Upcoming Programs:

- Basketball Team/Player Training at North Irwin. Bring in your team for both SSAQ training and utilize our half court for team practice or skills work before or after the session. Call us for info and rates for this unique opportunity.



- We are accepting enrollment for fall for our Court Time Sports Center Location. It is filling fast so we ask that you reserve your spots in advance now at 412-653-7970!
- We are now also accepting enrollment for our Fall speed schools starting the week of September 14th. Dates and Times TBA. Send us your request.
- There are several links on our website to the blog, facebook site, and youtube site. www.strengthfitnessandspeed.com and Twitter too!
- Baseball SSAQ classes at all 3 locations starting in September. We will be looking at baseball specific speed, core training, rotator cuff training and a new technique we are using to get catcher's out of their stance to throw quicker than ever. Check out the video of this new technique incorporating the vertimax on our youtube channel.

CONGRATULATIONS TO SFAS ATHLETES LATEST COMMITMENTS!!

| | | |
|-------------------|-----------------------------|--------------------------|
| Brock DeCicco | Thomas Jefferson | University of Pittsburgh |
| Don Rhodes | Norwin | Georgetown |
| Rob McCall | Thomas Jefferson | Mercyhurst |
| Lyle Marsh | Bethel Park | Penn |
| John Schademan | Bethel Park | Colgate |
| Eric Olson | Bethel Park | Cal University |
| Cori Stark | Belle Vernon | Youngstown State |
| Tara Zollinger | | University of Maryland |
| Lauren Dittman | Norwin | Colgate |
| Liam Krahe | Bethel park | Northeastern |
| Rick Fehl | Pittsburgh central Catholic | Mount Union |
| Zach Zigmund | Bethel Park | Wheeling Jesuit |
| Anthony Rusch | Bethel park | Seton Hill |
| Christian Angotti | Thomas Jefferson | University of Dayton |
| Sydney Judkins | South Park | Sacred Heart |
| Tarran Senay | South Park | NC State |

Our Referral Program

My staff and I realize that we could not do what we love without our clients!

This is to remind you of our continued referral program.

If you refer a client that signs on with us you receive either a \$20 SFAS gift certificate or free SFAS clothing. You also will be recognized in our newsletter.

Thanks for your patronage and all of your referrals to our program!!

If you know of someone who may benefit from our services, please forward them this newsletter. They can use the free trial coupon in this newsletter.

THANKS TO OUR CLIENTS FOR YOUR REFERRALS OVER THE YEARS!! IF WE FORGOT SOMEONE WE APOLOGIZE!! OUR MOST RECENT THANKS TO:

Welsh Family
Fertig Family
Robinette family
Shine Family
Stewart Family
McNabb Family
Rock Family
Zalewski Family

Hasis Family
Wild Family
Cole Family
Dawson Family
Plummer Family
Handlan Family
Miller Family
Spadaro Family

Kinzler Family
Thompson Family
Quinn Family
Caldwell Family
Stein Family

More Importance of In Season Maintenance

A recent research study entitled, "DETRAINING AND TAPERING ADAPTATION ON STRENGTH AND POWER PERFORMANCE" was published in the Journal of Strength and Conditioning Research, Aug. 2007 and provides definitive scientific data that addresses your question of whether it is worth maintaining some level of training frequency versus stopping altogether and participating in a sport. In the study, speed and strength training was conducted for 16 weeks prior to the experimental detraining (DTR) or maintenance (MT) work. Following the training period, DTR stopped additional exercise; the other group, MT, performed low volume, high intensity work periodically. Both groups continued to participate in their given sport. Following 4 weeks of this modification, DTR lost some strength but had over a 15% decrease in muscle power (slower running speed and lower vertical jump), while MT (the group that continued with their performance training) showed a small increase in strength and maintained power (maintenance of performance gains)

ADULT FITNESS TOO!!

LET US GET YOU OFF OF THE SIDELINES AND INTO THE GAME OF LIFE!

Come try TRAINING CAMP!

TRAINING CAMP is a group class that emphasizes strength building, fat loss and sculpting with an attitude. Men and women from the Pittsburgh area have been training like athletes and transforming their bodies. This is not your typical gym group fitness class. We will prepare you to better function in your daily life events whether that is long periods of standing, lifting heavy objects or chasing your children!

What is TRAINING CAMP?

We have been doing personal training for over 10 years. Training camp has evolved over this period of time and blends techniques that we use with our athletes with what one would expect of a personal training session. The result is a fun, efficient exercise class that can be performed by those that are athletic as well as those that are not!

All members receive personal attention from certified coaches throughout the class. These programs will not be "cookie cutter" routines, but as custom designed to each individual member as possible.

What do TRAINING CAMP members achieve here?

- Transformed physiques with body composition improvements
- Increased energy is the #1 outcome
- Decreased levels of stress

WHERE: Strength, Fitness And Speed, Inc. Pleasant Hills and North Irwin Location

COST: 3 Day per week option \$199 for 1 month

2 Day per week option \$169 for 1 month

1 Day per week option \$129 for 1 month

AM and PM classes are currently available

HOW TO SIGN UP: Call us at 412-653-7970 or email us at info@strengthfitnessandspeed.com.

WE HAVE MANY TIRED, BUT HAPPY REFERENCES AVAILABLE!

Our SFAS Coaches

Many of our clients train for months without meeting some of our coaches based on the days that they train. Here are sketches of our staff members.

Edward Wietholder, B.S., CSCS, CPT, President and Head Performance Director, Head Sports performance Coach Pleasant Hills

Ed Wietholder is the founder and owner of Strength Fitness and Speed. Ed has trained many junior high school, high school, collegiate, Olympic and professional athletes from across the U.S. In addition, many have benefited from his routine design and consultation across the country, most recently an athlete from the UK.

Justin Shal, B.S., CSCS, Head Sports Performance Coach

Justin is a graduate from Penn State University with a Bachelor of Science degree in Kinesiology focused in Movement Science. He has coaching experience with athletes from from the age of 8 through the college and professional levels. Justin is a details oriented individual. He is a valuable member of the Strength, Fitness And Speed team because of his coaching history, his belief in determination and his ability to adapt to our athletes. Justin is SFAS certified as well as CSCS certified. He is an outgoing person willing to learn from, educate, and inspire athletes on their sports and their training regimen here at Strength, Fitness And Speed.

Ted Dworek, M.S., C.S.C.S., Sports Performance Coach

Ted Dworek comes to us from the University of Pittsburgh. In addition to providing training to hundreds of collegiate athletes at Pitt, Ted brings state of the art knowledge and expertise to compliment the SFAS training that our clients receive. Ted has a Masters degree from the University of Pittsburgh to go with his years of experience at the University. He is also CSCS certified.

Justin Kulik, M.S., C.S.C.S., Sports Performance Coach

Justin Kulik has a Masters degree in Kinesiology from Midwestern State University in Texas and a B.S. in Physical education and sport from Indiana University of PA. Justin also has a CSCS from the NSCA. His athletic achievements include winning gold medals at State Olympic Weightlifting competitions as well as 1st place finishes in Natural Bodybuilding and Strongman competitions. In addition he has presented at many National conferences and has been involved in many studies involving the development of the athlete. Justin has a great degree of experience in both teaching in the classroom and developing athleticism among athletes of all ages including the college and professional level.

A.J. Little, B.S., Sports Performance Coach, Baseball Skills Instructor

AJ Little has a B.S. from Carnegie Mellon University in Pittsburgh. He has 3 years of coaching experience with athletes of all ages and is SFAS and NESTA certified. His athletic achievements include playing baseball, football and running track during his time at CMU. As an athlete, AJ spent 7 years being trained by the staff at SFAS before becoming a coach. He is an outgoing person that knows how to motivate each athlete on an individual basis.

Jason Beisler, B.S., Sports Performance Coach

Jason Beisler has a B.S. degree and is certified as a Sports Performance Coach. He is also a teacher and is involved in developing athleticism and confidence in student athletes every day. As a sports coach, Jason has coached several sports at the junior and varsity level in our local high schools. He is a motivating person that utilizes his skills to push our athletes to higher levels.

Ben Kowatch, B.S., Sports Performance Coach

Ben Kowatch comes to us from the University of Pittsburgh. We are in the unique position of gaining a coach who already has been through our program several years ago as a football player at Baldwin High School. Ben also plays rugby for the University and was rookie of the year in 2005. He brings intensity and attention to detail to our staff.

How Colleges Recruit

College Prospects of America provides guidance, experience and visibility to help student-athletes through the recruiting and financial aid process. Their goal is to help talented young people from western Pennsylvania get the best education at the best possible price, while finding financial aid, gifts grants and/or sports scholarships. Visit www.cpoapa.com for more information.

Ask Mr. Rock about his discounts for SFAS, Inc. athletes.

Our Links section on the website

The 2 most frequent questions that we have been asked over the years have been "Where do we get our equipment?" and "How do I gain weight?" Two of the four components of the weight gain shake I recommend are whey protein and flaxseed oil. As far as equipment goes, we utilize a lot of it from Perform Better, also found in our links section.

Strength, Fitness And Speed, Inc.

Irwin Location
92 Webster Ave
Irwin, PA
412-653-7970

**South Hills
Location**
Hosmer Industrial
Park
347A Old Curry
Hollow Road
Pittsburgh, PA
412-653-7970

**Court Time
Complex**
Elizabeth, PA
412-653-7970

**We are on the
web!**

[http://www.strengt
hfitnessandspeed.co
m](http://www.strengt
hfitnessandspeed.co
m)

SFAS SPECIAL OFFER

THIS OFFER APPLIES TO NEW SIGN UPS ONLY

BRING THIS PAGE TO ANY OF OUR STRENGTH, FITNESS AND SPEED LOCATIONS BEFORE 8/30/09 TO RECEIVE A FREE TRIAL SESSION!

ALL OF OUR TRAINING IS BY APPOINTMENT SO YOU MUST CALL US IN ADVANCE TO SET UP AN APPOINTMENT SO THAT WE KNOW YOU ARE COMING. TIMES MAY BE LIMITED.

ALL LOCATIONS PLEASE CALL PLEASE CALL 412-653-7970.

LET US KNOW WHO SENT YOU!