



## Client Testimonials



"Thanks for everything, Ed!"

-Russ Stuvaints #33  
Former Pittsburgh Steeler

### COMPARE HIS STATS TO ANY SAFETY IN THE NATION!!!

**3/16/07  
DUQUESNE U.  
PRO DAY RESULTS**

**HEIGHT: 6' 11"**  
**WEIGHT: 213 LBS.**  
**SPEED: 4.53**  
**STRENGTH: 225 24K**  
**BROAD JUMP: 9' 7"**

*(Similar results on wet surface at Villanova Pro Day 3/13/07)*

**HONORS:**

- 06 821vetball.com 2<sup>nd</sup> Team ALL-AMERICAN based on input from coaches and SAB's from across the country;
- 06 821vetball.com 1<sup>st</sup> Team All NE Region;
- 06 Duktronics 2<sup>nd</sup> Team ALL-AMERICAN;
- 06 Duktronics Division II All-NE Region 1<sup>st</sup> Team;
- 06 & 05 1<sup>st</sup> Team All-PSAC.

**STATS:**

06: 70 tackles(13<sup>+</sup> on team) including 30 solo;  
3 interceptions  
0 PFR and 1 blocked kick;

05: 67 tackles(13<sup>+</sup> on team);  
4 interceptions

**INTELLIGENCE:**  
Named Academic All-DISTRICT II 2<sup>nd</sup> Team in 06 by COSIBA/ESPN THE MAGAZINE.

**LEADERSHIP:**  
Captain of 06 team that finished 12-2, PSAC East and NCAA NE Region Champs and NCAA National semi-finalist.

**CONTACT:**  
Jerome L. Tierney, Attorney at Law  
10521 Center Highway, North Huntingdon, PA 15047  
Office: 724-864-2757, Cell phone: 412-661-8608  
8275@comcast.com

**ED, Thanks for everything! You run a great program. Tyh #11**

**EVERYTHING YOU NEED IN A SAFETY!!!**



# Client Testimonials

## **BEAU GIBBS**

**NORTHERN IOWA U. (DE/OLB)  
CALGARY STAMPEDEERS 06 (WR)  
\*PITTSBURGH RIVER RATS 07 (WR)  
\*JOINED TEAM IN MID-SEASON**

**WR/LB**

**HEIGHT: 6' 4"  
WEIGHT: 233 LBS.  
SPEED: 4.59  
225: 25X  
VERTICAL: 35 1/2"**

*Beau Gibbs*



**YOU TRY TO BLOCK OR TACKLE HIM!!!  
A BEAST OF AN ATHLETE WHO CAN PLAY BOTH  
SIDES OF THE BALL AS A WIDE RECEIVER,  
DEFENSIVE END & LINEBACKER...**

**ANYWHERE YOU NEED HELP...**

**CONTACT:**

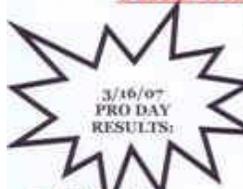
**JEROME L. THIENEY, ATTORNEY AT LAW  
10231 CENTER HIGHWAY, NORTH BENTINGDON, PA 15642  
OFFICE: 724-864-2753; CELL PHONE: 412-602-0000  
JLTI@esb.com**

Current Pittsburgh Power Center:

## **THIS WALL CAN MOVE!!!**

### **JAMAR FOULKS**

**CENTER; MANSFIELD U.**



**3/16/07  
PRO DAY  
RESULTS:**

**HEIGHT: 6' 2 1/4"  
WEIGHT: 365 LBS.  
40: 5.60  
BROAD JUMP: 7' 2"  
225: 25X**



**2006** - D2Football.com 2<sup>nd</sup> Team All-American Center based on input from coaches and sports information directors from across the country. D2Football.com 1<sup>st</sup> Team All-NK Region. Started in the National Football Foundation's East Coast Bowl, an all-star game showcasing the talents of small-college football athletes.

**2005** - Named to 2<sup>nd</sup> Team All-PSAC East as a Tackle after 2 stellar seasons as 1<sup>st</sup> Team All-Conference Center. Moved to strengthen the O line. Started all 11 games. Won the Frank A. Butsko Award for his outstanding play on the Offensive Line.

**2004** - Named to All-PSAC East 1<sup>st</sup> Team honors for the second straight season starting all 10 games at Center ... All-Regional selection; Honorable Mention ECAC All-Star.

**2003** - Earned 1<sup>st</sup> Team All-PSAC East honors as a freshman Center ... started all 11 games at center.

**THE BOOK ON FOULKS** - Returned to Center in 06 where he continued to dominate. Considered one of the top offensive linemen and NFL prospects in the PSAC. Earned 1<sup>st</sup> Team All-PSAC East honors in each of his first two seasons. He has been the emotional and spiritual leader of the team. A criminal justice major who graduated in December of 06. Known as "Rock". Lives in Pittsburgh, PA.

**CONTACT:**

**Jerome L. Thieney, Attorney at Law  
10231 Center Highway  
North Bentsington, PA 15642  
724-864-2753  
412-602-0000  
JLTI@esb.com**

*THANEY  
FOR EVERYTHING  
2007  
B51*



## Client Testimonials

**From the South Hills Record:** "Dom DeCicco Sr., head coach of the TJ boys' basketball program, watched three of his sons go through Wietholder's program. His oldest son, Dom Jr., graduated from Pitt and now plays in the NFL. In 2008 Zach, then a senior at TJ, and Brock, then a junior, started for the Jaguars' undefeated state champion football team. "Before they go to combines, or anything of that nature, they usually go to Ed's(SFS)," the father said of his sons. "Ed is absolutely fantastic. I couldn't recommend anyone higher."

If you are looking to get faster, more athletic, and become a better overall athlete this is the right place for you. I have been going to Ed's for a little over 2 years now and knowing what I know now I wish I would of went sooner. Ed and his staff provide you with the proper form and technique to reach your full potential. They also can do specific work outs that relate to the sport you play, which in my case was football. The drills I did greatly improved my leg strength and flexibility which helped me return a kickoff 85 yards with 1:24 left in the 4th quarter of a game my junior year. Without Ed's extensive training I don't know if I would have been able to break 6 tackles along the way. Another area I specified on was combine training. My sophomore numbers at the Nike Combine were 40- 5.25, Shuttle-5.12, Vertical 20.1, Power Ball Toss- 28.3. Then for my senior year my numbers greatly improved to 40- 4.76, Shuttle-4.03, Vert.- 33, PB Toss- 31. So thanks to Ed and his staff for challenging me and providing tough workouts to get me to that next level of training. Now I have earned a full scholarship to play football at Mercyhurst College and I could not have done it without them. Thanks for Everything Ed.

-Garrett Wild  
Baldwin High School  
Linebacker/RB/Special Teams

" Strength Fitness and Speed Inc/Ed Wietholder has done wonders for our Bethel Park Boys' Basketball Team. A year ago, we felt that our team physically/mentally wore down as the games/season went on. Our mission as coaching staff before meeting Ed, was to be in better conditioning when the last 2 minutes of our games came around. With Ed, our boys' physical stamina noticeably improved while becoming more explosive/agile.

The thing that impressed me the most with Ed and his staff- was their ability to adapt to our individual needs...not only as a team as a whole- but the individuals within each workout. Ed worked around our schedule and was personally in charge of each one of the workouts.

Ed Wietholder's workouts are great for high school athletes. He combines hard work with fun which carries over through the season and brings an intensity that is unmatched by other trainers.

Our players would 100% agree that Strength Fitness and Speed has also given an advantage to the players that are going to continue to play in college. Ed's program has provided them an experience as to what the expectation will be at the next level in training.

I would fully recommend Ed Wietholder to any/all athletes!!! You will not be disappointed."

-Ben O' Connor  
Bethel Park High School  
Head Varsity Basketball Coach



## Client Testimonials

"Last year when I got the corner it was typically for a short gain. Your training has changed all of that. This year when I got the corner it was for a sizeable gain."

-Hud Caldwell  
Geibel Running Back and Linebacker

"Hey Ed, Hope all is well. Just giving you an update. We had our Conditioning test today. I ran my best 60 time ever with a 6.85. And I lost my footing at the start, so I think I could have done better. I also ran a 46 second 300, which was the second best on the team. I had a 48.7 foot med ball toss as well. I was very happy with all my results and I thank you and Strength, Fitness and Speed for everything!! "

-Brian Lattanzi, USC alum and Rollins College Baseball Player

"Just wanted to let you know that Jessie has been named the starting center mid on Wheeling Jesuit University's Women's soccer team. The starting line up consists of 10 returning upper classmen, who were starters last year and Jess. Jess is the only freshman starter. I attribute a lot of her enhanced performance to the training she receives from SFS."

-Frank Vilkofsky

Ed, Thanks again for everything. I can't even express how happy I was with the program, especially given the limited space(Sloan Elementary in the FR school district). I will be recommending you and your staff to anyone I know interested in this sort of training. I will be in touch!

-Ed Carr  
WPIAL Baseball Coach

"If you are really serious about sports conditioning, then I highly recommend these programs. I have made more gains in the last seven months under Ed's guidance than I have in the past seven years trying to go it alone."

-Don K., strength athlete



## Client Testimonials

"I don't know if you saw this article in the South section of the Post Gazette but it mentioned Joe and specifically his good footwork. We feel that his footwork is a result of the work done at Strength, Fitness and Speed. We want to thank you and the other staff who worked with Joe. Hopefully after football Joe will be able to return before he goes to college."

-Thanks Again,  
John J. Laukaitis

Ben had his physical for baseball two weeks ago. Last year at this time he was 5'4" 126 lbs. He is now 5'6 1/2" and 156 lbs...30 lbs in one year and with no fat gain! He was moved to third base and has won the starting job and is batting second in the lineup. He, Sam Mattei, and Jon White are starting as sophomores at GCC. All have trained at Strength, Fitness, and Speed. The GCC coaches commented to him that they could not believe the huge jump in his size and speed gain. They said they just could not keep him out of the lineup. He cannot wait to get back down to you guys once the schedule lets up somewhat. Thanks and I will talk with you soon.

-Dan Webb

Ed- Just want to take this opportunity to share a story with you re: Alex and her recent speed training. During an all star softball game, Alex hit a single and stretched it into a double (that is something that never would have happened last year) It was a special moment for her and she ended up with an MVP for the game. What made the MVP award so special was that it was voted on by the girls from the other team. It was the second MVP of the season for her. She had never received an MVP award for anything before this season. Not only has her speed improved, her reaction time, strength and confidence all benefited from the training. Alex has no intention at this time of participating in sports beyond high school, however this training has given her the opportunity to participate in the sports she does enjoy at a higher more successful and fulfilling level for her personally. Thank you to SFS. We look forward to working with you in the future.

-Parent of TJ middle school athlete

Thank you for all that you've done for David. We see vast improvements in his speed, agility and strength. It has made a significant impact on lacrosse and football.

-Parent of USC middle school athlete



## Client Testimonials

"I could always read plays pretty well on defense and now my feet can get me there."

-Adam Cole, Belle Vernon Football

"I've gotten a lot faster since I have come here. My coaches and friends tell me it is a huge difference."

-Ben Cole, Belle Vernon Football

"As a result of my daughter, Brittany Lhota, 9th Grade Girls' Basketball, Greater Latrobe, attending Strength, Fitness And Speed, Inc., her flexibility, speed, endurance, jumping and strength have all improved significantly over a 5-month period. I attribute this to the personalized training she has received from Ed Wietholder and staff at Strength, Fitness And Speed, Inc. Her stability and strength has enabled her to hold her own on the court at the varsity level. If you are looking for your son or daughter to improve their strength and confidence in a sport or other personal goals, then I would highly recommend Strength, Fitness And Speed, Inc. You will like what you see."

-Father of Brittany Lhota

"A.J. is really driving the ball with more power. His arm strength is improved and he has added over 10 pounds of needed muscle."

-Mike L., father of A.J., baseball player

"This is the greatest workout of my life. I have achieved better results than ever in less time."

-B. Furlong

"If you want to see positive results with your physique no matter what your goal is, then Strength Fitness & Speed is your answer. Ed Wietholder is a highly trained and very professional personal trainer. He has guided me in achieving what I thought was unattainable. Week after week my body fat has been reducing, causing my physique to look leaner. These changes all have come in a short time without the use of fad diets and worthless products."

-Frank G. Altavilla III



## Client Testimonials

"Strength, Fitness & Speed has helped me in many ways. Our first goal was for me to cut body fat, and I have by losing 28 lbs. My 40 speed dropped 3 tenths of a second, and my 10 dropped 2 tenths. I have also noticed a great improvement on my ability to break on the ball, as a linebacker. After finishing many 7 on 7 tournaments, I have been more effective than ever before. I am confident that Strength, Fitness & Speed will be my key to success on the field in my senior season."

-Mike Morante  
Peters Township High School Linebacker  
#57

"Strength Fitness and speed is the only choice for high school athletes who are serious about taking their game to the next level. Period. I have been under Ed's training supervision for a little over four years. Unlike many other training services, Ed and his staff give you their undivided attention to help best suit your athletic needs. Over the last four years I have reached athletic heights on and off the field I thought I would never be able to reach, I have Strength Fitness and Speed to thank for that."

-Tony Mingone  
All Conference Brentwood High School  
Linebacker/Running Back  
#11

"Ed Wietholder and his staff at Strength, Fitness, and Speed are first class, affordable, and friendly. Your kids will not only love going , but you can be sure that they are getting a focused, well balanced work-out, that will show results in a short time. I would recommend Strength, Fitness, and Speed to any parent that is concerned about their son or daughter's overall athletic improvement."

-Mike Mihalov  
Pleasant Hills

"SFAS has changed Max's life. He's experienced tremendous development as an athlete and an individual. Although Max has been blessed with natural athletic skills, his size, speed, and durability have often held him back. The SFAS experience has proven that something can be done about it. After only 6 months in the program, Max is a different kid. He's becoming one of the strongest and fast players on his teams and has a better appreciation of the importance of hard work and discipline. Max's SFAS trainer has been an awesome influence on him."

-Father of Max



## Client Testimonials

"I have seen other trainers' methods for speed and conditioning, none of which compare to the methods used at SFS. I highly recommend SFS to any athlete who wants to get an edge on the competition. I am currently training under their supervision to prepare me for the Football Program at Princeton University."

-Grant Serdy  
Pittsburgh Post Gazette Feb 22  
Princeton University Football Recruit

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

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 Justin 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

Wanted to report to you about Danny's experiences at camps this summer. He excelled at each tryout in running, jumping and agility drills. Before he came to your establishment he didn't run properly and was not prepared for the types of drills and testing given by the Universities used to evaluate the boys. I believe at one time last year he was timed in the 40 yard dash at about 5.8 or 5.9. He was timed at the prospect camps at 5.1/ 5.15 consistently. This truly was a remarkable turnaround for him and it could not had been done without you and your trainers work with him over the winter. Many coaches commented on his explosion off the ball on various blocking drills. After working with you and your staff he was well prepared and confident when attending the camps. If he is blessed with an opportunity to play ball in college, we will definitely be contacting you again!

-Pastore Family  
TJ Football 2009



## Client Testimonials

"I could not be happier with the gains our players have made while attending Strength, Fitness & Speed. Ed and his staff do an outstanding job at evaluating a player and developing a workout that focuses on improving the player's weak areas. I have seen improved technique, improved foot speed and an overall increase in athleticism from all of our players that have trained with Ed. We are building a great relationship with Strength, Fitness and Speed and they are proving to be a valuable asset to our program."

-Aaron Krepps  
Belle Vernon Area Head Football Coach

"My sons have greatly benefited from SFAS. The individualized attention has greatly improved their athletic ability. We started going to Ed after my son had rheumatic fever that affected his joints. He worked with him to strengthen his legs and improve his balance. After seeing the dramatic difference in him we started taking our middle son(now playing football at PSU!) to improve his speed and agility for football. The training has also improved their core strength. Strength, Fitness, and Speed works around the busy schedules of athletes and the specially designed training is a great route in taking athletes to the next level. "

-Todd & Chrissy Cole

"My boys play football at Franklin Regional high school and they both have benefited greatly from the training they've received from the SFAS staff. The training has improved their strength, speed, quickness and agility, which in turn has improved their play on the field. My boys really like working with the trainers. They work them hard and the results have really paid off. Thanks for everything."

- Rich Mihoci father of Ryan and Adam

"Kohl's ranks all of the kickers, punters, and snappers at the conclusion of the regional showcase camps. I have included Patrick's rating below:

Has a very quick release and may be the quickest I have seen. This helps him with his snap velocity which he averages .69 seconds. Utilizes his body to maximize his movements and is very strong in his lower body. Patrick has quick feet and is explosive off the line of scrimmage.

I don't think that the evaluator could have written a better advertisement for Strength, Fitness and Speed if you had paid him for the advertisement. He has come a long way since he started at SFS and he still has a lot of work ahead of him, but Patrick's time spent working with you and your staff have really paid off. "

Regards,

Jeff Hall  
Father of Patrick, TJ Football 2013



## Client Testimonials

“Ed I just wanted to say thank you to you and your trainers for everything you guys have done for Cody. The difference your program has made is AMAZING! The first year Cody came to your facility you not only adjusted his running technique, but you also knocked a full second off his 100m time. The difference your training made was evident in both track and football. Cody has had significant gains every year for the past 4 years, and as far as I am concerned, that was money well spent. We are currently in the process of selecting a college for Cody to continue playing football. Your program has played a significant part in his success thus far, and he looks forward to continuing his training. Thank you for everything you have done. I highly recommend your facility to any athlete looking to take their training to the next level.”

- Sincerely,  
Jamie Stolar  
(Cody Stolar, South Park #22 Safety/WR)

“First off, I want to thank Ed Wietholder and all of the staff that make Strength, Fitness, and Speed operate, because without you, I would not be the athlete I am today. My name is Nathan Wojciechowski, I am 22 years old and I had just recently graduated from La Roche College in Pittsburgh. Before I attended La Roche, I went to South Allegheny high school, where I played basketball and football. I was a 4-year player at La Roche for the Men's Basketball Team. Unfortunately, I did not meet Ed until my freshman year in college, but I am so grateful that I did because he has helped me so much. This past summer was my 5th year working with Ed, and every time I come home, I cannot wait to get back to training with Strength, Fitness, and Speed. Ed and his staff have helped me so much with my athletics over the years that I cannot thank them enough. They have helped improve my speed, agility, jumping ability, conditioning and my overall athletic performance. I was always so confident going into each summer that I trained, that Ed was going to prepare me for my upcoming season. Always knew in the back of my mind that I was going to be working super hard to reach my goal and become a better player, and Strength, Fitness, And Speed played a big role in that. So, for anyone out there who is looking to take your game and athleticism to the next level, I suggest you get into contact with Ed Wietholder and his staff, because I guarantee that you will not be disappointed with any of the results. Once again, I want to thank Ed and his staff for all that you have done for me up to this point and also in the future.”

Stay Blessed,

Nathan Wojciechowski  
La Roche Basketball

“Thanks Ed! I can't tell you how much i appreciated working out with you these past couple years! Your program is amazing and I had a lot of fun doing it! My final 40 time was 4.57!”

Nick Leonello  
Pittsburgh Central Catholic Football



## Client Testimonials

Ed,

“I wanted to thank you for the work you and the other trainers have done with my children. They both play soccer and this training was perfect for them. When my son first came to you he was fast, but he ran out of control. You not only improved his speed, but greatly increased the control he runs under. His lateral movement and change of direction have improved tremendously. This has enabled him to play his position with the speed and agility needed. My daughter has also increased her speed and has become a stronger player. She played her first game since last fall last weekend and other parents were commenting on how much faster she is now. It is that noticeable. They will be continuing with the program. I am so pleased with their progress that I am having my youngest daughter begin the training.”

Again, thanks for your efforts.

Sincerely,

Patrick Maloney

The Holland Family is a huge supporter of Ed and his Strength, Fitness & Speed organization. Ed's smart, committed to his profession, and in it for all the right reasons. Our son Brian played basketball at Bethel Park, and has continued to play at Allegheny College, and Ed's helped Brian be more successful. Now, he's helping Brian's mom Candy improve her fitness and well-being. Two entirely different people, with different interests, and Ed's been a great choice for both. He provides training that is focused on the individual and helps you to achieve your goals. We would recommend Strength, Fitness & Speed to any young athletes who want to have an advantage, and to adults also.

Robert J. Holland

I would like to say that I owe a huge thank you to you and all your staff that prepared me to be a college athlete. I have gone to your gym for a couple years leading up to college as you know, and it is because of what you do there that got me to where I am now. You pushed me to become a faster, stronger athlete and you focus specifically on the sport of each athlete in your gym. It is remarkable the difference you make in an athlete in your gym. Any athlete that steps foot into your gym that does not see improvement is simply not putting the effort out themselves. You and your staff should be proud of what you do for all the athletes you have trained over the years. Once again I am so thankful for what you have done for me, training in your gym has made such a large impact in my play over the years.

Corey Lostetter

TJ Volleyball Class of 2012  
Fairleigh Dickinson Volleyball 2016



## Client Testimonials

Ed:

Just thought I'd pass this along...

We held a skills competition at Southpointe the other day, with 22 bantam (13-14 year old) and midget (15-16 year old) players. There were 5 different events measuring skating speed, agility, and shooting skills.

It's worth noting that 5 of the top 6 overall finishers in the skills competition have been training with your team at SFAS for much of the past year (Maddie, Jake Ondrejko, Sam Madler, Ryan Latkovic, and Jake Majestic). And, they're all 14 years old, out there schooling the older kids (all boys, I might add).

It's hard to believe that's a coincidence! Thanks again for everything - the kids are starting to separate themselves from the competition.

Gregg Huber

Just wanted to say thanks to you and the rest of the staff, especially Adam, for the work with the girls over the past couple of years. Earlier this month, McKenna had the opportunity to participate in the Queen of Diamonds showcase at Kent State University. Her performance in the second Sunday game earned her one of the game MVPs. While she certainly deserves the credit for all the hard work she has put forth, you guys certainly contributed greatly in helping her achieve that recognition.

Thanks for everything,

Tim and Kathi Kern

Allie has been involved with SFS for two years now. We have seen dramatic improvements in footwork, coordination, explosiveness, and overall strength. She enjoys the sessions and looks forward to the challenges presented to her. We would highly recommend every athlete to take advantage of the opportunities offered at SFS.

Angela Yurkovich  
Co-Director of Coaching  
Pittsburgh Elite Volleyball



## Client Testimonials

My daughter has been training at Strength, Fitness and Speed for the past 6 years. She is now a freshman in college, attending Frostburg State University in Maryland where she is a member of the Women's Soccer team. During her first week of camp, the team was put through a series of physical test's, including the 100 yard dash, mile run, vertical jump, 3 cone drill and various other strength, speed and agility drills. Of the 30 girls on the team, she ranked 4<sup>th</sup> overall in combined test results. Further she was the highest ranking freshman on the squad. In fact her vertical jump was the 2<sup>nd</sup> highest on the team. Lastly, she was the only freshman that knew all of the proper Olympic lifting techniques and the only one that knew how to squat with an Olympic bar.

Without question, she was able to accomplish all of these feats due solely to the training that she has received through the years at SFAS. Ed Wietholder, Adam Blumen, Justin Shal and Justin Kulik all played an integral role in her development as an athlete.

The Rock family wants to extend a heartfelt thank you to all of the SFAS staff members that were part of her development through the years!

If a family ever questions is SFAS the right place for their son or daughter, have them call me at any time.

Respectfully submitted,

Martin Rock (father of Gina Rock)

My goal for having Ed train my 3 boys (2 freshman,1 sophomore) was to increase their speed, quickness, agility and overall fitness to prepare them for the upcoming basketball season. These are the skills that I believe give you an edge in any high school sport, especially basketball. Ed worked with them for 8 weeks and I clearly noticed an increase in all of these areas when they played pickup in the gym. I was actually quite surprised with some of the quick moves they were making. My oldest son was very excited when he slam dunked for the first time ever, a result of adding about 3 inches to his vertical jump from using Ed's jumping equipment. My boys and I were extremely satisfied with the results and I highly recommend Strength, Fitness and Speed, Inc. to anyone interested in improving these skills for their kids. Thanks Ed.

Alex, Steven, Michael, and Dan Yerina  
Upper St. Clair



## Client Testimonials

Our daughter, Mikayla Gouker, has greatly benefited from SFAS. She plays travel softball for Perryopolis Revolution Red. Ed and his staff have not only helped her get stronger and run faster, but they have also helped her confidence. She enjoys the one on one attention and has really bonded with Ed and his staff. She loves coming to SFAS! She especially enjoys how they challenge her each week to do better and how they create new activities for her to try. We couldn't be happier and we can't thank you enough.

Brian and Mundi Gouker parents of Mikayla Gouker

My sons Dave and Tony went to "Ed's" many years ago during their HS years. It's no surprise to hear this story. What they learned at Ed's all those years ago last a lifetime. SFAS staff were excellent role models and my sons continue to benefit from this experience by understanding the need for maintaining their health through eating right and exercise. Thank you Ed and staff!

Lynn Mingone, Mother of Dave and Tony

Hi Ed,

I was talking to Coach Jason and telling him how pleased we are with the results from a recent camp Megan attended. Its the renowned Pennsbury Softball Recruiting/ Academic Camp near Philadelphia. Out of 416 girls from all over the country, Megan's laser timed speeds were better than all but 13 girls who for the most part were only better by a few hundreds of a second. At age 15, she is looking to continue the program with hopes of only getting better. She noticed that the girls who had better times were all a year and two years older.

John Christner(Father of Megan Christner)



## Client Testimonials

Our son has been playing football for 6 years now...and has been through a lot of camps and off-season training. He has enjoyed SFS the best. That says a lot to me.

Proud parent of SFS athlete

“Coach Ed Wietholder has worked with our Bethel Park Lady Hawk Basketball Program for eight consecutive years. We would not even entertain the thought of having preseason conditioning without him. Coach Ed combines agility, flexibility, strength, stamina, and core exercises into every one of his workouts. It’s easy for me as a coach to make my girls run for conditioning, but that’s just not enough anymore. Today’s high school varsity athlete needs to be cross-trained and that’s right where Coach Ed fits into our program. There is no doubt in my mind that working with him has greatly contributed to success. We have reached the playoffs each of the eight seasons he has trained us, with the highlight coming in 2013 when we won the program’s first WPIAL championship in history. The Lady Hawk Basketball Team is made tougher, faster, and stronger by Coach Ed and Strength, Fitness And Speed. I highly recommend Ed Wietholder for any aspect of training, team or individual. You will become a better athlete (or team) as a result.”

Jonna Burke  
Head Varsity Coach  
Bethel Park Lady Hawk Basketball

Dear Ed,

I want to take a moment to express my sincere thanks to you and your staff. Thank you for all your time and expertise in helping Laurel return to playing basketball and for your help in assisting Hunter individually and the entire SPHS Boys Basketball team.

After Laurel's ACL surgery in 2011 Ted and I were concerned about the possibility of a reoccurrence of an injury or at a minimum, her lacking the strength in that knee/leg to compete at the collegiate level. You and your staff provided her with training, exercises and knowledge to help her rehabilitate her weakened leg. You certainly prepared her to compete. The preparation you provided gave her the physical ability and mental confidence that she needed. She went on to play three more years at a very competitive level. In fact, she was named as an All-American and in May was named the female Athlete of the Year at Edinboro.

Hunter and some of his friends have worked out at your Pleasant Hills facility, working on developmental skills and strength training. They are enjoying the benefits of those workouts. I am delighted that he once again has the opportunity along with the boy's team to do conditioning and weight training under your supervision. Thank you for taking such an interest in these young athletes. Your dedication, care and concern for proper training is greatly appreciated.

Brenda Lindsay



## Client Testimonials

I first came across Strength, Speed and Fitness when I was the head baseball coach at Kiski Area. At that time I was astounded at the progress the players that trained with them made in the short period of time they had worked with them. As each of the players became faster, stronger and more agile, their level of play and their self-confidence greatly improved.

I am presently the head baseball coach at Belle Vernon Area. Once again I am seeing the benefits of their program in the 12 players that are regularly working under them. Their improvement has been so significant that other players on our teams (middle school up) are taking notice. In fact, no less than seven players and their parents have approached me to get information on their program to make arrangements to begin working with them at the conclusion of our current season.

As a former professional baseball scout and a former college coach, I highly recommend their program for any players wanting to increase their chances of playing at the next level.

Daryl Hixenbaugh  
Head Baseball Coach  
Belle Vernon Area High School