



## Strength, Fitness And Speed, Inc.

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

### What makes our approach unique?

We know one size does not fit all! We perform **Functional Assessments on all of our athletes**. You need a map to tell you where you are going. You need a starting point and the best route to reach your destination. We take baseline measures so that we can measure your results and progress over time. Resisted and assisted work is extremely reinforcing to the nervous system. At SFAS, you'll begin with corrective strength and nervous system reeducation. As we proceed, your new and better habits will be practiced and reinforced.

#### EVERY ATHLETE WILL RESPOND DIFFERENTLY TO A GIVEN STIMULUS

*The thing that impressed me the most with Ed and his staff- was their ability to adapt to our individual needs...not only our team as a whole- but the individuals within each workout. The SFAS program has provided them an experience as to what the expectation will be at the next level in training.*

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

You will not find a more highly educated, experienced and certified staff in PA. In today's non regulated training and sports performance industry, you will find the SFS staff to be a college educated and heavily certified team. Our founder has been consulting for over 30 years. All of our coach bios are online for you to see.

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

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