



SFAS News

APRIL 23, 2011

VOLUME 5, NUMBER 1

“Many athletes are interested, the unique ones are dedicated.”

“The better you get, the more you need to work.”

President’s Corner:

My hat goes off to all of our SFS athletes that have been training so hard throughout the off season now entering their spring seasons. Good Luck to them!

I am also convinced that our adult athletes that train with me every morning are among the hardest working bunch of athletes around. Consistently working so very hard!

Please enjoy this issue and all of the information that our associated website and media sites have to offer.

Sincerely,

Ed Wietholder
President and Founder
Strength, Fitness And Speed, Inc.

GOING VERTICAL

By Ed Wietholder, BS, CSCS

President, Strength, Fitness And Speed, Inc.

If you know me you kind of know that I am a big fan of basketball. I watch it, I play it, I coach it. I have been intrigued for years to learn how to jump higher. If you think of many of the major sports, leaping can be a big aid in performance.

Let me take you through an empirical process by which my own vertical leap actually improved before my knowledge of plyometrics and modern training methods. As a sixth grader(1977!!), I rationalized that strong legs are legs that will let you jump higher. So with my cement filled plastic Ted Williams weights from Sears, I started squatting. I wedged my body under my bench press uprights for lifting off(I don’t recommend this!) and the strength building began.

I also rationalized that you needed to overcome your bodyweight to get airborne and thought that jumping out of trees, landing and jumping up again would help this. Pretty safe for a strong adult but a really bad idea for a sixth grader. Anyways we went up to frighteningly high heights and for safety’s sake I figured I better just land and stick when we got in the really high branches.

By seventh grade I was hitting the big loops of the basketball net, still squatting and still jumping out of tress like an idiot.

By 9th grade I had worked up to some pretty respectable poundages in the squat but was becoming pretty darn tight. I took up martial arts and with all of the flexibility work(dynamic and static) I was able to express more power(using strength in a hurry, more on this later). Kicking, flying and jumping is somewhat plyometric in nature and this helped as well. Soon I was grabbing the rim.

Fast forward to college, with more squatting strength and some early knowledge of plyometrics that did not involve falling out of tees. One night at Grandview courts in Mount

“The smarter you get, the less you realize you know”

Washington, I went up and lo and behold, the ball went down for my first dunk.

If only I knew then what I know now! At the age of 36(we are up to 2002 now!); using an early version of our SFAS protocol my vertical leap peaked out at 36 inches. Let’s look at some key factors in developing some hops.

Power is the ability to exert strength in a given time frame. A good example is a vertical jump. It takes about .2 seconds for most athletes to go from flexion to extension at the knee before leaping. Why do some athletes that weigh the same amount and extend their knees in the same time frame jump higher than others? They can express more force via strength and motor recruitment in this time frame. Since strength is at the the root of power(CAN YOU SAY 2 AND 1 LEG SQUAT?), it is very important unless you are a very fast twitch dominant athlete with naturally dominant ability to recruit.

At SFS we utilize methods to minimize power loss through the torso in conjunction with plyometrics. The key is stabilizing the pelvis, hip abductors, adductors, and external rotators. We also need to analyze your jump for proper knee tracking and to prevent what former Chicago Bulls strength coach Al Vermeil calls back jumping. The low back is comprised predominantly of slow twitch fibers and will not get you vertical fast enough. Glutes, hamstrings, and quadriceps should be used to provide power for jumping. We have a unique approach that you really won’t read about. There is science in every inch of what we do here and our approach to get you off of the ground is no different. There is no time like now to become a better athlete! Get it done!

**STUDY FROM PENN TRAFFORD
FRESHMEN BOYS. ENOUGH SAID.**

	1/5/2009	03/05/09
Vertical leap	14	20
Broad JumpX6	42	48
10 Yard Dash	1.76	1.52
Pro Agility	4.93	4.53

	1/8/2009	03/05/09
Vertical leap	16	23
Broad JumpX6	42	50
10 Yard Dash	1.75	1.54
Pro Agility	5.06	4.55

	1/8/2009	02/26/09
Vertical leap	14	20
Broad JumpX6	41	49
10 Yard Dash	1.67	1.52
Pro Agility	4.89	4.66

	1/14/2009	02/26/09	03/05/09
Vertical leap	18	21	22
Broad JumpX6	42	49	
10 Yard Dash	1.66	1.55	
Pro Agility	4.81	4.54	

“Pride is training hard when no one else is watching”

Programs are ongoing

We continue to enroll athletes from various sports year round. One can train 1 on 1, form their own group, or join an existing group. We strive to make it all about the individual, not what other athletes may need.

Our adult programs are ongoing as well. We have some of the hardest working adults going!

Overheard

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 have 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

"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

[More Testimonials Link: http://www.strengthfitnessandspeed.com/testimonials.htm](http://www.strengthfitnessandspeed.com/testimonials.htm)

SFS Links(www.strengthfitnessandspeed.com):

[SFS Blog](http://www.strengthfitnessandspeed.com/testimonials.htm): <http://www.strengthfitnessandspeed.com/testimonials.htm>

[SFS Facebook Page](http://www.facebook.com/pages/Strength-Fitness-And-Speed-Inc/79179469130)

<http://www.facebook.com/pages/Strength-Fitness-And-Speed-Inc/79179469130>

[SFS YouTube Channel](http://www.youtube.com/SFAndSpeedInc1): <http://www.youtube.com/SFAndSpeedInc1>

[SFS Twitter](http://twitter.com/EdWietholder): <http://twitter.com/EdWietholder>

[PAST COMMITMENTS LINK](http://www.strengthfitnessandspeed.com/testimonials.htm): <http://www.strengthfitnessandspeed.com/testimonials.htm>

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.

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.strengthfitnessandspeed.com>

THANKS TO OUR CLIENTS FOR YOUR REFERRALS OVER THE YEARS!! OUR MOST RECENT THANKS TO:

Welsh Family
Fertig Family
Robinette family
Shine Family
Stewart Family
McNabb Family
Rock Family
Zalewski Family
Goetz Family
Mercurio Family
Vento Family

Hasis Family
Wild Family
Cole Family
Dawson Family
Plummer Family
Handlan Family
Miller Family
Spadaro Family
Stark Family
Wittig Family
Renzi Family

Kinzler Family
Thompson Family
Quinn Family
Caldwell Family
Stein Family
Brokaw Family
Ruzzi Family
Harris Family
Griffith Family
Serdy Family
Jonov Family

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.

SFAS GEAR!



You can buy these online or at our facility. You can also receive one of these for a referral that signs on with us. I must say the hoodies are extremely comfortable! Gift certificates are also available.

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 5/31/10 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 412-653-7970.

LET US KNOW WHO SENT YOU!