



SFAS News

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

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

President's Corner:

One of our hopes at SFS is that after our athletes are through with their training for sports is that it becomes a lifelong habit of building and maintaining a strong body, mind and heart. We'd like to congratulate all of those SFS alums who are now into the next phase of their life after college and into their careers who have kept at it. The discipline one builds in setting goals in their training provides structure that spills over into one's everyday life. Good luck in getting after the next milestone.

Sincerely,

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

SPOTLIGHT: Adam Cole, Belle Vernon Football



Adam started training with us back in 2008. It became immediately apparent to us that we had one of the hardest working guys ever to set foot inside our facility. Adam's acceleration and explosion at the hips is simply amazing and is testimony to the hard work he's put in. As Adam contemplates his academic/athletic future we are confident that he will be successful at whatever he chooses. Here is a summary of Adam's athletic achievements:

- 2011 Defensive MVP of the BIG Eight Conference
- 2011 Big Eight All Conference Linebacker and 2nd Team Fullback
- 2011 Post Gazette South Xtra Fabulous 22
- 2011 Trib Live All Pre-Season Team
- 2011 MSA Players to Watch
- 2011 BVA Team Captain
- 2010 & 2011 BVA Defensive Captain
- 2010 BVA Team Defensive MVP
- 2010 Big Eight All Conference Linebacker
- 2009 Big Seven All Conference 2nd team Linebacker (sophomore year)

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

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

Combine Prep: Sharpening the 40 yard dash By Ed Wietholder, CSCS

The easiest area of improvement in the 40 yard dash lies in the first ten yards. The first 5 yards should comprise about 3-3.5 steps. This is accomplished not by reaching with the front leg but by **PUSHING** into the ground. Younger athletes likely will not accomplish this until more physically mature and powerful. The next 5 yard segment should comprise about 2-3 more steps. Obviously anatomy and leg power factor into this. The absolute biggest mistake we see athletes performing is muscling their way through a 40. You want to be completely relaxed with loose fists and upper body. **Think glide, not run somebody over.**

START

- Place your stronger leg in front, quick leg to the rear.
- From a kneeling position, place the stronger foot forward about 3-6 inches behind the start
- With the knee of the back leg on the ground, there should be anywhere from a fist's distance to no distance(varies) between your knee and front foot toes
- Extend your arm that is opposite your front leg to the start line. Make a firm triangle with the hand on the ground. The other arm is back by thigh or hip **bent** at elbow slightly above torso
- Raise your butt so that the angle at the front knee is about 90 degrees and the back knee angle is about 120 degrees
- Most of your weight is on the legs with more emphasis on the front leg. The weight on the front leg is anywhere from 80-95%. **The butt is slightly higher than the shoulders.**

INITIAL OUT OF THE START

- Stay relaxed and drive out of the start position with **both** legs. **Most from the front**, some from the back. This is where athletes will differ in the ability to utilize this approach. Some do better with most all of the force coming from the front leg. Track guys like to utilize some from the back leg.
- This whole process is a controlled dive.
- Keep low, relaxed and with a torso angle of 45 degrees or so with the ground
- Do not overstride initially. Get repeated forces into the ground, not loping strides.

ACCELERATION PHASE

- Relaxed with arms pumping by sides, not across body
- Still a slight lean, coming up to speed
- Do not try to run full speed instantly, top speed can only be maintained for a second or so and the best 40 times are turned in when you finish accelerating through the finish line, not decelerating. You can't really reach top speed in this distance, anyway.

STRIDE PHASE

- Elbows at 90 degrees
- Hands go from mouth area midline to hips during pumping
- High front knee action with fully extended rear leg

OTHER KEYS

- Make sure you are warmed up before the time trial. I have had guys drive 3 hours, jump out of their car and run less than 15 minutes later.
- If you are weight training right now, make sure that you taper before the tryout so that you have fully recovered legs. 48-72 hours rest for the legs would be great. You should also have been in a power cycle of training, not high repetition for the legs.

Keep it Simple for Building Brutal Leg Strength and Power

By Ed Wietholder, CSCS

There is a phenomenon in the world of science and observation known as Occam's Razor. It contends that the best answers are found in applying the simplest explanations. With this in mind, the following lower body regimen has done wonders for many of our advanced clients. This is not a beginner's routine.

Each week the goal is to add 5 more pounds to the bar. Throw percentages out the window. Each rep at the end of the work set should be really tough but not impossible.

Workout 1

1) Rack Squat with Pins set at the legs parallel to the floor position working up to 1-2 heavy sets of 5

Start at the bottom position of the squat with the bar resting on the pins. Explode to the top. Return to the bottom pin under control. Pause. Stay tight. Repeat for 5 reps. Before venturing to the rack, warm up with a few sets of regular squats.

2) Regular or trap bar deadlifts working up to 1 heavy set of 5 reps.

3) Weighted Glute ham raises 1-2 heavy sets of 6-8 reps

Workout 2

1) Deadlifts in rack with pins set such that the bar is just above the knees working up to 1-2 heavy sets of 5.

Start at the bottom position of the Deadlift with the bar resting on the pins. Squeeze to the top. Return to the bottom pin under control. Pause. Stay tight. Repeat for 5 reps. Before venturing to the rack, warm up with a few sets of regular squats.

2) Squats working up to 1 heavy set of 5 reps.

3) 20 degree bend at the knees, flat back deadlifts 1-2 sets of 6-8 reps.

Alternate between workouts 1 and 2 for 1-2 leg sessions each week based on what other work you have going on. At about the 8 week mark try switching to once per week leg training consisting of

Workout 1

1) Squat working up to 1 heavy set of 5 reps

2) Deadlift working up to 1 heavy set of 5 reps

3) 20 degree bend at the knees, flat back deadlifts 1-2 sets of 6-8 reps.

Each week change the sequence from squat then deadlift to deadlift then squat.

It's too simple and brief right? Wrong. Try it. The worse that can happen is you maintain your strength. The best that can happen is that you add about 50 pounds to your squat and deadlift as well as building 5 more pounds of muscle in your lower body.

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

"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)

Strength, Fitness And Speed, Inc.

Irwin Location

92 Webster Ave
Irwin, PA
412-653-7970

South Hills Location

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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>

"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

More Testimonials Link: <http://www.strengthfitnessandspeed.com/testimonials.htm>

Get Connected!

Be sure to check out our social media links on our website!

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.

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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
Bassi Family
Handlan Family
Gorny family
Spadaro Family
Stark Family
Wittig Family
Renzi Family

Schemm 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.

SFS SPECIAL OFFER

THIS OFFER APPLIES TO NEW SIGN UPS ONLY

BRING THIS PAGE TO ANY OF OUR STRENGTH, FITNESS AND SPEED LOCATIONS BEFORE 2/29/12 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!