



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

Dear Ed-

Strength, Fitness And Speed Inc. has been a great experience for my son. The staff is full of knowledge and they push the athletes to be the best they can be. The kids want to work out harder to be the best at their sport. My son plays soccer year round and he said he feels stronger, has better balance, and can stop and start way better. Thank you to Ed and staff!

TJ Soccer Parent
Thomas Jefferson High School

P.S. I highly recommend this program to adults also!



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"Andrew made a difficult play in left field last Thursday. As I watched him make the catch, I said to myself, he would NEVER have been able to do that had he not gone to Ed's place! Thank u for your talent and dedication! "

Coach Ed you and your staff are the men! I appreciate everything you do for me. Just so you know, you have dropped my 60 time from a 7.2 to a 6.49. I believe in what you do and I am blessed that I have began working with you.

-Josh Hoffman, Belle Vernon and Beaver Valley Baseball Player

I am writing this letter as a testimonial to Ed and Strength, Fitness and Speed. I have noticed a definite improvement in my son. Ed has taken him to another level. His velocity on his pitches has improved 10 mph. I also have noticed an improvement in his mental approach. He is much more focused now. My son's baseball coach recommended him highly and no I can see why. I would also recommend him and in fact have to many young athletes. I am looking forward to more sessions in the future. We will continue to work throughout Joe's time as an athlete.

Sincerely,

Ed Sabolek



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Hi Ed,

We all can't thank you and your trainers enough for your passion to train the boys and your dedication to help them reach their goals. The boys have continued to grow mentally and physically as the gains have been tremendous.

Thanks again,

Jim Klingensmith

I wanted to let you know how much we appreciate the work you have done with Tommy over the last couple of years. Your innovative training techniques coupled with Strength, Fitness, and Speed always providing an environment that is positive has made him a better person and athlete. We have seen dramatic increases in his confidence, strength and jumping ability. Thank you for all you do.

Tommy Dirienzo Family