

Edward Wietholder
Certified Sport Strength and Conditioning Specialist
Certified Personal Trainer
347A Old Curry Hollow Road
Pittsburgh PA 15236

Objective To acquire an ever-increasing knowledge base to empower those seeking a higher level of strength, fitness, athleticism and mental strength and well being.

Education
1984-1988 University of Pittsburgh
Bachelor of Science, Cum Laude
Major in Behavioral Neuroscience(Pre-med)

Certificates

2006 National Academy of Sports Medicine
Overhead Squat/Gluteus and Hamstring Function

2006 National Academy of Sports Medicine
Self Myofascial Release and Streching

2006 National Academy of Sports Medicine
Integrated Flexibility Training

2005 National Academy of Sports Medicine
Integrated Kinetic Chain Assessment

2005 National Academy of Sports Medicine
Human Movement Science Certification

2005 National Academy of Sports Medicine
Kinetic Chain Dysfunction Certification

2005 National Academy of Sports Medicine
Neuromuscular Physiology Certification

2004 Corrective High Performance Exercise Kinesiology Institute
Adanced Program Design Certification

2003 Corrective High Performance Exercise Kinesiology Institute
Scientific Back Training Certification

2002 Corrective High Performance Exercise Kinesiology Institute
Program Design Certification

2002 Corrective High Performance Exercise Kinesiology Institute
Scientific Core Conditioning Certification

1999 Corrective High Performance Exercise Kinesiology Institute
Swiss Ball Training Certification

1999 Corrective High Performance Exercise Kinesiology Institute
Medicine Ball Training Certification

1998 National Strength and Conditioning Association
Certified Strength and Conditioning Specialist

1998 American Council on Exercise
Certified Personal Trainer

Experience

1998-present Strength, Fitness, and Speed, Inc.
President and Head Performance Director

1990-1998 Freelance trainer and fitness writer

1990-1993 Freelance routine design through mail

1989-1999 Children's Hospital of Pittsburgh
Perfusionist(Operate heart/lung bypass machines in OR)

Achievements

2018-present Strength and Conditioning Coach for Seton Hill Men's Basketball

2016-present Strength and Conditioning Coach Baldwin Whitehall School District

2016-present Performance Coach for Baldwin Softball team

2015-present Performance Coach for South Park Boys Basketball Team

2015-Present **Performance Coach for the Belle Vernon Girls Softball Team**

2013-Present Performance Coach for Elizabeth-Forward Softball Team

2008-Present Performance and Strength Coach for Bethel Park Girls Basketball Team

2012-Present Corporate Trainer to Allegheny Millwork

2015-16 Performance Coach for Peters Township Girls Basketball Team

2015-16 Assistant Varsity Football Coach(Strength and Speed Coach) South Park

2015 Performance Coach for Baldwin Whitehall Girls Basketball Team

2014 Consultant to the South Park Boys Basketball Team

2014-2015 Performance Coach for Bethel Park Football Team

2013-2015 Performance and Strength Coach for Seton Hill University Basketball Team

2013-2015 Performance and Strength Coach for USC Boys Basketball team

2012 Consultant to Bethel Park Boys Football Team

2012 Performance and Strength Coach for Bethel Park Boys Basketball team

2011-13 Performance Coach for Penn Trafford Football Team

2011-12 Performance Coach for Bethel Park Boys and Girls Soccer Teams

2011-13 Performance Coach for Belle Vernon Football Team

2011-2015	Speed and Conditioning Director of the CTS AAU Basketball Program
2011-12	Speed and Conditioning Coach of the Century United Soccer Organization
2010	Performance Coach for Bethel Park Boys Basketball Team
2010-11	Staff Speed Coach for Brownsville Football Team
2010	Performance Coach for Franklin Regional Baseball and Basketball Teams
2010	Performance Coach for Latrobe Girls Soccer Team
2010	Assistant AAU Basketball Coach for 2 teams in the CTS program.
2008	Performance Coach for Latrobe Football Team
2008	Consultant to W and J University Basketball Program
2006-Present	Trainer and routine designer for NFL and Arena Football League Players. NFL Combine Preparation. Pro day preparation. NFL player off season trainer.
2001-Present	Nike, Scout, and Metro camp Preparation for local high school football players
1990-Present	<p>Trained and designed routines for many successful clients at the high school, collegiate, professional and Olympic level. Coach of multiple youth basketball, baseball and soccer teams. Licensed youth soccer coach. School Districts that I have trained athletes from include: Mars, Hopewell, Central Valley, Pittsburgh Central Catholic, Baldwin, TJ, South Park, Brentwood, Bethel Park, Mt. Lebanon, Keystone Oaks, Steel Valley, West Mifflin, Peters Township, Ringgold, EF, Belle Vernon, South Fayette, Norwin, Penn Trafford, East Allegheny, Jeannette, Serra Catholic, McKeesport, Gateway, Greensburg-Salem, GCC, Latrobe, Mount Pleasant, Steel Valley, Franklin Regional, Hempfield, Ligonier Valley, Uniontown, Laurel Highlands, Plum, Yough, Fox Chapel, Kiski, Hampton, Shaler, South Allegheny, Brownsville, Alderdice, Brashear, Bishop Canevin, Geibel, Clairton and Apollo Ridge.</p> <p>Colleges include: W and J, University of Pittsburgh, Westminster, Bethany, Duquesne, Penn State, CMU, Saint Francis, Mount Union, Maine, Wheeling Jesuit, Mercyhurst, California, Rochester, Slippery Rock, Edinboro, Penn, Princeton, Adelphi</p>
1990-2004	<p>Authored many articles that appeared in national and international fitness magazines including Hardgainer, Natural Physique, Pennsylvania Health and Fitness, American Health and Fitness, and Musclemag International</p>
1997	Winner and record time for CHP 1997 Staircase race
Personal	Married, two children. I like to practice what I preach and strength train 3 days per week as well as cardiovascular and sprint work on the other 3.