

STRENGTH, FITNESS AND SPEED INC. CLIENTS AT THE NEXT LEVEL

Chase Winovich	Thomas Jefferson	Michigan/New England Patriots NFL
Ian Wild	Baldwin	Mercyhurst/Pittsburgh Steelers/Winnipeg
Russell Stuvaints	Youngstown State	Pittsburgh Steelers NFL
Cie Grant	Ohio State University	New Orleans Saints NFL
Dom DeCicco	Thomas Jefferson High School	Chicago Bears NFL
Cory Tucker	South Park	Slippery Rock/Cleveland Browns
Dorian Johnson	Belle Vernon	University of Pittsburgh/AZ Cardinals
Cassidy Walsh	Seton LaSalle	University of Pittsburgh
Lamont Wade	Clairton	Penn State University
Zane Zandier	Thomas Jefferson	Virginia
Cassidy Kern	Elizabeth Forward	Pitt Johnstown
McKenna Kern	Elizabeth Forward	Pitt Johnstown
James Gmitter	Bethel Park	WVU
Devin Danielson	Thomas Jefferson	University of Pittsburgh
Blake Zubovic	Belle Vernon	University of Pittsburgh
Nick Fiumara	Baldwin	Penn State Behrend
Alina Stahl	Baldwin	WVU
AJ Yarborough	South Allegheny	Allegheny
Garrett Fairman	Thomas Jefferson	RMU
Jason Montgomery	Bethel Park	Penn
Taylor Dadig	Baldwin	George Mason
Carly Santillo	Baldwin	Pitt Johnstown
Abbey Larkin	Baldwin	Mercyhurst
Nick Fiumara	Baldwin	Penn State Behrend
Nolan Genilla	South Park	SVSU
Josh Wagner	South Park	Penn State Behrend
Adam Morris	South Park	Clarion
Dan Irwin	South Park	Penn State Behrend
Brett Francis	South Park	Chatham
Jon Muehlbauer	Thomas Jefferson	Robert Morris
Artie Priore	Baldwin	Robert Morris
Ritchie Ryan	Central Catholic	Harvard
Jordan Zilka	Belle Vernon	Mercyhurst
Nolan Abbiatici	Seton Lasalle	Mount Union
Mike Fine	Belle Vernon	Saint Francis
Sean Kealey	Baldwin	Allegheny
TJ Kpan	Peters Township	WVU
Nick Krugh	Seton LaSalle	W and J
Colin Loughman	Bethel Park	Seton Hill
Carly Lutz	Baldwin	Point Park
Mike Kapusta	Bethel Park	George Mason
Andrea DiNinno	Penn Trafford	Walsh University
Deven Judy	Belle Vernon	Gannon
Anthony Winkler	South Park	California University
Nick Bowers	Kittanning	University of Pittsburgh
Maddie Huber	Baldwin	Endicott
Alayna Gribble	Norwin	University of Pittsburgh
Harrison Everley	Thomas jefferson	Robert Morris
Ryan Podgorski	South Park	Slippery Rock
Sean Gerst	Baldwin	Muskingum
Evan Hannan	Belle Vernon	W and J
Matt Benicky	Belle Vernon	W and J
Nick Sweitzer	Belle Vernon	Georgetown
Justin Ivill	Belle Vernon	Bucknell
Jake Maxwell	TJ	WV Wesleyan
Peter Metro	TJ	St. Vincent
Adam Staudt	TJ	Clarion

Sam Fareri	South Park	Clarion
Braden Pahanish	TJ	California University
Andrew Wheeler	USC	George Washington
Ryan Harkleroad	USC	Dayton
Zack Pateras	USC	Allegheny
Aaron Matthews	Clairton	Pitt
Chacar Berry	Ringgold	Slippery Rock
Jake Stewart	South Park	Wooster
Jake Dixon	Bethel Park	Duquesne University
Sarah Stanley	South Park	Ohio State
Andy Abreu	Penn Trafford	Laroche
Doug Altavilla	Baldwin	Mercyhurst
Evan Augustine	South Park	PSU Behrend
Austin Stephan	USC	Baldwin Wallace
Ashley Baker	Elizabeth Forward	Alderson Broadus
Mitch Nordstrom	Bethel Park	Waynesburg
Justin Vickless	Brentwood	W and J
Nick Vento	Franklin Regional	W and J
Brad Villa	South Park	W and J
Bradon Toy	Kittaning	W and J
Anthony Levis	Belle Vernon	W and J
Austin Kemp	Thomas Jefferson	W and J
Justin Bauer	Brentwood	W and J
Trevor Morrow	USC	W and J
Matt Hermessmann	EF	W and J
Ian Dobbins	Belle Vernon	Penn
Adam Cole	Belle Vernon	PSU
Austin Fields	Belle Vernon	Slippery Rock
Jake Sweitzer	Belle Vernon	Georgetown
Nick Scholle	South Park	Duquesne
Chris Boff	South Park	Thiel
Carley Bogan	USC	William and Mary
Christian Breisinger	TJ	Waynesburg
Pat Hall	TJ	Princeton
Nick Fekula	EF	Princeton
Natalie Fekula	EF	Adelphi
Kylie Owoc	EF	Ursuline
Joe Mascaro	Bethel Park	Case Western
John Mascaro	Bethel Park	CMU
Mike Brucker	Bethel Park	St. Francis
Brook Burns	Laurel Highlands	W and J
JT Colosimo	Seton LaSalle	Waynesburg
Adam Ottaviano	Seton Lasalle	Slippery Rock
Logan Corrigan	Bethel Park	James Madison
Dakota Forsyth	Bethel Park	PSU
Zac Forsyth	Bethel Park	Tampa
Shane Mallon	Penn Trafford	Alderson broadus
Cole Costy	TJ	Youngstown State
Brett Dadig	Seton LaSalle	Pitt Greensburg
Danielle Dadig	Seton LaSalle	Youngstown State
Luke Deanavich	TJ	St. Vincent
Tony Devivo	Freeport	Duquesne
Danielle Dindak	Serra Catholic	Westminster
Shane Fetsko	South Park	Marietta
Sean Gallagher	Bethel Park	PSU Behrend
Rachel Giannangeli	Gateway	Clarion
Tracy Gibson	South Park	John Carroll
Justin Gorny	South Park	PSU Behrend
Dan Wanker	South Park	PSU Behrend
Carter Grote	South Park	Furman
Curtis Perz	Norwin	Wheeling Jesuit
Cory Owen	Peters Township	James Madison

Gina Rock	Latrobe	Frostburg State
Shelby Lindsay	South Park	West Point
Laurel Lindsay	South Park	Edinboro
Corey Lostetter	TJ	Fairleigh-Dickinson
Dave Martin	South Park	Waynesburg
Ben Webb	GCC	St. Vincent
Chris Winkler	South Park	St. Vincent
Brian McDonough	Penn Trafford	Concord
Corey Stanford	Penn Trafford	Catholic University
Connor McWilliams	Brentwood	Alderson Broadus
Jake Murphy	Bethel Park	US Merchant Marine
Jake Wallace	GCC	US Merchant Marine
Matt Naylor	Belle Vernon	Geneva
Rex Pearce	EF	IUP
George Prota	EF	Pitt Johnstown
Charlie Scharbo	TJ	Carlow
Ryan Sciullo	Kiski	W and J
Cam Smail	Kiski	Grove City
Alex Minton	Bethel Park	Drake
Alexa Stahl	Baldwin	West Liberty
Cody Stolar	South Park	Allegheny
Brian Holland	Bethel Park	Allegheny
Evan Schweitzer	Bethel Park	Allegheny
Mike Wainauskis	TJ	Slippery Rock
Alexis Yanief	TJ	Millersville
Lauren Yobbi	South Park	Duquesne
Jason Yobbi	South Park	W and J
Allie Yurkovich	TJ	RMU
Rachel Stover	TJ	Cleveland State
Hannah Zangara	USC	Allegheny
Adam Mihoci	Franklin Regional	California University
Mac Pope	USC	
Robert Plummer	USC	
Joe Laukitis	USC	Saint Francis
Sydney Judkins	South Park	Sacred Heart
Hannah Judkins	South Park	West Liberty
Rayshawn Bolden	West Virginia University	
Tyler Trettin	Bloomsburg	Arena Football League
Jamar Foulks	Mansfield	Pittsburgh Power
Trent Jones	Indiana University	Arena Football League
Beau Gibbs	Northern Iowa	Arena Football League
Mike Chiapetta	Indiana University	Arena Football League
Dorin Dickerson	West Allegheny	University of Pittsburgh
Jon Ditto	Gateway	Penn State University
Ryan Einwag	Baldwin	Carnegie Mellon University
Rich Costanza	Thomas Jefferson High School	Maryland/PSU/Riverhounds
Tom Shirley	Norwin	Xavier
Chris Spegal	Bethel Park	Ohio
Jon Stewart	Norwin	Penn State University
Nathan Totino	Seton LaSalle	Duquesne
Renee Tomko	Thomas Jefferson High School	Louisville
Grant Serdy	Upper St. Clair	Princeton
Jonna Handra	South Allegheny	UNC Charlotte
Brad Rodgers	Norwin	Robert Morris University
Tyler Urban	Norwin	West Virginia University
Andy Clifford	Bethel Park	University of Pittsburgh
Anthony Caruso	Bethel Park	Duquesne
Amanda Albitz	South Park	IUP
Mike Salopek	Norwin	University of Virginia
Cassy Sanderson	Elizabeth Forward	Wheeling Jesuit
Zach DeCicco	Thomas Jefferson High School	Washington and Jefferson
Jordan Kelly	Seton LaSalle	St. Francis

Garrett Walz	Seton LaSalle	St. Francis
Brian Lattanzi	USC	University of Buffalo
Brock DeCicco	Thomas Jefferson	University of Pittsburgh
Don Rhodes	Norwin	Georgetown
Rob McCall	Thomas Jefferson	Mercyhurst
Lyle Marsh	Bethel Park	Penn
John Schademan	Bethel Park	Colgate
Eric Olson	Bethel Park	Cal University
Cori Stark	Belle Vernon	Youngstown State University
Sydney Judkins	South Park	Sacred Heart
Shane Henkel	Gateway	Ohio University
Tarran Senay	South Park	NC State
Zach Zigmund	Bethel Park	Wheeling Jesuit
Tara Zollinger		University of Maryland
Lauren Dittman	Norwin	Colgate
Liam Krahe	Bethel Park	Northeastern
Rick Fehl	Pittsburgh Central Catholic	Mount Union
Zach Zigmund	Bethel Park	Wheeling Jesuit
Anthony Rusch	Bethel Park	Seton Hill
Christian Angotti	Thomas Jefferson	University of Dayton
Mike Carr	Steel Valley	Point Park University
Nate Wojciekowski	South Allegheny	LaRoche
Jared Pratt	Bethel Park	Colgate
Evan Kelly	Seton LaSalle	University of Richmond
Jake Matthews	Greensburg-Salem	Cornell
Jessie Vilkofsky	Elizabeth Forward	Wheeling Jesuit
Adam Lazenga	Bethel Park	University of Pittsburgh
Riley Kern	Elizabeth Forward	Washington and Jefferson
Ron Harris	Baldwin	Slippery Rock
Quinn Hood	Baldwin	Wooster
CJ Seitzinger	Bethel Park	John Carrol
Cory Spegal	Bethel Park	Mercyhurst
Garrett Wild	Baldwin	Mercyhurst
Matt Walbert	South Park	Pitt
TJ Matrascia	TJ	Robert Morris University
Tim Petro	Norwin	Gannon
Ryan Luffey	South Park	LaRoche
Dave Kucenic	South Park	Cal U.
Ryan Sherry	Bethel Park	Allegheny
Nick Miller	West Mifflin	W and J
Bill Bendgen	West Mifflin	Thiel
Chad Bowman	Franklin Regional	Seton Hill
Randy Bush	Baldwin	Bethany
Zack Landman	Brownsville	Marrietta
Alex Mace	Bethel Park	Juniata
Matt Didiano	Franklin Regional	Penn State Behrend
Chris Rizzo	Bethel Park	John Carroll University
Brook Burns	Laurel Highlands	Wheaton
Ryan Mihoci	Franklin Regional	Lycoming
Matt Green	Belle Vernon	RMU
Tyler Sellew	Belle Vernon	California University
Spencer Lynn	Belle Vernon	California University
Danielle DeMay	Bethel Park High School	Penn State Behrend
Dan DiNinno	Penn Trafford High School	Grove City
Jim Dittman	Norwin	Penn State Behrend
Megan Duncan	Norwin	Penn State University
Ryan Fehl	Central Catholic	Mount Union
Matt Griffin	Bethel Park	Duquesne
Will Grunewald	Mount Lebanon	Bowdoin
Ben Iannachione	Baldwin	Boise State University

Jason Kolodziej
Zach Kuba
Noelle Lyons
Paul Matthews
Dale Meinbresse
Jake Mihalov
Tony Mingone
Erin Montgomery
Mike Morante
Ryne Murray
TJ O' Brien
Casey Quinn
Rob Ramsey
Franco Sebastiani
Drew Serdy
Jake Serdy
Erica Bilski
Tim Chapon
Pam Coudriet
Adam Cline
Kara Stroup
Dan Robb
Mike Puskaric
AJ Little
Brian Urban
Kristen Penska
AJ Ross
Matt Bliss
Alex Baroffio

Thomas Jefferson High School
Shadyside Academy
Norwin
Greensburg Salem
Upper St. Clair
Thomas Jefferson
Brentwood
Allderdice
Peters Township
Upper St. Clair
South Park
Bishop Canevin
Geibel Catholic
Greensburg Central
Upper St. Clair
Upper St. Clair
Seton LaSalle High School
Thomas Jefferson High School
Carrick High
Thomas Jefferson High School
Mars
Thomas Jefferson High School
Serra Catholic
Baldwin
Baldwin
Norwin
Thomas Jefferson High School
Bethel Park
Bethel Park

Bucknell
NYU
Saint Francis
Hampden-Sydney
Quinnipiac
Denison
Mount Union
Allegheny
Dayton
Westminster
Wheeling Jesuit
Duquesne
California
Rochester
CMU
Maine
Chatham
Pitt Titusville
Carlow
Penn State Behrend
St. Francis
West Virginia University
Robert Morris University
CMU
Indiana University
Juniata
St. Vincent
W and J
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