

FAST

Fitness and Sports Training of Wisconsin, LLC



Dwight Sandvold

Performance Training for Middle School Athletes

The transition to High School level performance requires a base of correct Alignment, Balance and Coordination

Take yourself to the next level of success this spring!

What is FAST's Focus?

Each participant will come away with enhanced strength to body weight; joint stability, balance and coordination. As a result they will experience less injury and the ability to train at the highest level without peaking.



Programs designed by Dwight Sandvold: an Athletic Trainer as well as a Certified Strength and Conditioning Specialist, and Kyle Eberle: a Certified Strength and Conditioning Specialist with a bachelors in Kinesiology.

Dates/Times: April 2nd – May 31: T and F 5-6 p.m.

Fee: \$260 – 9 weeks at two times a week.

To Register: Visit www.fastandyou.com and click on:

Performance Training on the home page, go to the MS flier.

OR: Venmo @Dwight-Sandvold

Questions? [dwightsandvold@yahoo.com](mailto:dwrightsandvold@yahoo.com)

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