

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 ratio; joint stability, balance and coordination. Run technique is emphasized each session. As a result they will experience less injury and the ability to train at the highest level.



Programs designed and taught by Dwight Sandvold: Athletic Trainer, Certified Strength and Conditioning Specialist and 3 time Ironman World Championship qualifier.

Dates/Times: March 31st – June 5th: M and Th 4:30- 5:15

Fee: \$170.00 – 7 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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