

# 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: June 11 – August 1, 2024: Tues and Thurs 3-4 p.m.

Fee: \$235 – 8 weeks at two times a week.

To Register: Visit [www.fastandyou.com](http://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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