

FASTEST Program

Functional Agility, Speed, Technique, Explosive Sports Training

Speed and agility are learned skills that can be improved with proper mechanics. Our experts focus on teaching the skills needed to become the fastest athlete you can be. Our program consists of three phases: beginner, intermediate, and advanced. The components of our program include:

- Speed
- Agility
- Plyometrics
- Strength
- Power
- Conditioning

We provide the necessary tools every athlete needs to reach their highest potential.

Package Pricing

Option 1: \$270 per six weeks
Attend three times each week
(Rate = \$15 per session)

Option 2: \$240 per six weeks
Attend two times each week
(Rate = \$20 per session)

Team Pricing (minimum 10 participants)

\$120 per six weeks per person
(Rate = \$10 per session)

Group Times

Monday – Thursday: 2 p.m., 4 p.m., 6 p.m.
Saturday: 8 a.m.



Location and Staff

UPMC Rooney Sports Complex
3200 S. Water St.
Pittsburgh, PA 15203

Sports Performance Experts

Ron DeAngelo, M. Ed, LAT, FAFS, CSCS
Lauren Cassano, CSCS
Colleen Rosensteel, MESS, CSCS, CES

To register for the FASTEST Program or to learn more, please call **412-432-3871**.

For more information about all UPMC Sports Medicine services, please visit **UPMCSportsMedicine.com**.