



Dwight Sandvold- Owner
105 N. Main Street, Dousman, WI 53118, PO Box 314
262-719-7893 or dwightsandvold@yahoo.com

Dwight Sandvold is the president of F.A.S.T.- Fitness and Sports Training in Dousman, WI. He has over 25 years experience in the Sports Medicine, Coaching and Teaching Fields. Dwight's dynamic presentation style will motivate. His trained eye and hands on experience provide participants with an increased awareness of mechanics and training techniques. Participants will leave with knowledge that will impact their performance immediately.

As an Athletic Trainer Dwight works with individuals of all abilities, designing programs that result in fitness and sports performance goals being met.

Clients are running, swimming and playing football at Division 1 Universities. Endurance Sport Clients are running the Boston Marathon and completing Ironmans.

Dwight's expertise is sought out by High School and College Coaches, Endurance Sports Teams and Corporations.

Work Experience

F.A.S.T. - Fitness and Sports Training
Dousman, WI
President- 2006-Current

Health and Wellness Director/Head
Swim Team Coach
YMCA at Pabst Farms
Oconomowoc, WI
2000- 2006

Athletic Trainer
Mile Bluff Medical Center
Mauston WI
1996- 1999

Athletic Trainer
Performance Enhancement Therapy
Brookfield, WI
1992- 1995

Teacher/Coach
Columbus, WI
1988-1992

Education:

Mankato State University
Mankato, MN
B.S. Physical Education

Martin Luther College
New Ulm, MN.
B.S. – Education

Certification

Licensed Athletic Trainer
National Athletic Trainers Association

Certified Strength & Cond. Specialist
National Strength & Cond. Association

Track Coach
U.S.A.T.F.

Athletic Background

2 Time All Conf. Selection in College

Competed in over 130 Triathlons

3 Time Ironman Hawaii Qualifier

4 Time Boston Marathon Qualifier