



RUGBY

St. Joe's Prep

Drew Oleyar

Position: Hooker

Senior

Drew started with me because he couldn't maintain his weight. We focused on his diet for a period of time and then added resistance training. In 2 yrs, he has gone from struggling to maintain 150lbs to now being a lean 200lbs. Drew is the kind of kid that you have to kick out of the weight room now. He loves to be challenged and loves to conquer, even more!

~John Kalinowski