

Boyneside strength and performance



Our TYs were involved with a talk with the owners and trainers from Boyneside strength and performance. Former St Oliver's student Dean Garland and his co-worker Killian Carolan went through topics such as the importance of health and exercise to the all different aspects of nutrition. TYs were able to ask questions and discuss various parts of what health and fitness meant to them and get advice. We would like to thank the lads for taking the time to come into St Oliver's and look forward to having them again.