Athletics

Strength & Conditioning


GO OWLS

The strength and conditioning program at Overlake School is open to all upper school students, faculty, and staff. It is designed to be inclusive and not exclusive to student-athletes. The goals of the program are to increase overall fitness, strength, and conditioning and help students build self-esteem, self-awareness, and personal pride.

The fitness center is open and supervised from 3:30 pm – 5:30 pm, on normal school days.

If you have any questions, you can also contact Kim Stevens (athletic trainer) at **kstevens@overlake.org** or Joey Swidler (Strength and Conditioning Coach) at **jswidler@overlake.org**.

Coaches

Joey Swidler
Strength and Conditioning Coach
jswidler@overlake.org