



Sam Varao (Football, 17)

	January 2013	July 2013 (6 months)
Weight	229 lbs	207 lbs
Power Clean	175 lbs	235 lbs
Back Squat	385 lbs	445 lbs
Bench Press	185 lbs	245 lbs
40 y Dash	5.29 sec	5.01 sec
Broad Jump	7'9"	8'5"

*University of Regina (football scholarship)

