



Emily Melnek

(Poland High School,
Geneva College Women's Basketball)

I had lower back pain ever since I was a freshman in high school. I tried everything you could imagine and nothing would work. The pain would not go away, and I felt hopeless. My friend and teammate recommended Troy Parks, and when I described my lower back pain to Troy he immediately set out to help me. He wrote and individualized work out plan to not only rehab my back but make me stronger as well, and my back has never felt better. He dedicates so much of his time planning out individualized workouts for each of his athletes. Troy pushes each athlete to their goals and they reap the benefits. He has open communication with each athlete. Even when I'm in college he checks in to see how I am doing. I've been training with Troy for going on four years and it has been of the best decisions I've made. Troy is a very positive person who only wants to see athletes succeed. I highly recommend Troy to any athlete who is seeking to rehab and train.