



Jake Ford

(Springfield Local High School,
Geneva College Men's Basketball)

I have been training and rehabbing with Troy for many years, and during this time Troy has went above and beyond to help me become the best athlete I can be. He does a very good job of training each differently according to their sport and specific needs. Before I do any workout, I know that Troy has put a lot of thought into it. Every exercise that he has me do he can explain specifically why it will make me a better basketball player. Troy's main goal in everyone that he works with is to make the better. He has motivated me to put the same effort and dedication into working out as he does in training me. During my athletic career I have had multiple knee injuries that Troy helped me recover from. Because of his rehab I was able to quickly return to sport better off than I what I was before the injury each time. He knew exactly which exercises would help me recover and which ones I was not ready for. Whether they are rehabbing or training with him, Troy's combination of knowledge and passion for what he does will make anyone that is willing to work a better athlete.