



Jillian Strecansky
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When I first met Troy Parks, I was incredibly shy and found myself very nervous to start training with him. I had also just come off my sophomore season of softball and knew I expected more from myself. Troy immediately embraced me with open arms and made me feel like someone he had known for years. He gave me a new found confidence in my abilities and pushed me harder than anyone had before. Now nearly two years later, I've noticed so many changes in my play that came from countless hours working with him. I hit the ball harder, throw faster, and have so much more power overall. I am forever grateful for everything Troy has taught me about training and the friendship he has extended to me and all of his other athletes.