



Caitie Perry

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I have been training with Dr. Troy Parks since middle school and he has helped me become a better athlete, person, and leader. Troy understands how the body works and the reasoning behind everything he teaches. He will break it down and explain to you why you are doing it and how it will help you. I could not thank Troy enough for his dedication to me and all the other great athletes he works with. Every time someone works with Troy they leave better than they came. He treats everyone who comes in as an individual and not just a number. He makes sure to build relationships with each athlete. I am grateful for the opportunity to learn and train under him.