



Throughout high school I was involved in sports by playing volleyball and softball. I often experienced back pain and it was not until working out with Troy my junior and senior year that my pain began to go away. The exercises he picked out for me each session helped me tremendously. My coaches and teammates also saw a huge improvement in my abilities and strength. This was all thanks to the programs that Troy made for me. His commitment to his athletes is like no other. He is encouraging and a great coach. He also goes and supports athletes at their games whenever he is able and I have always thought that was awesome!

**Brooke Chandler**  
(Cardinal Mooney High School)