



**Ashley Harding**  
(Fairmont State Women's Soccer)  
(Boardman High School)

Before I started coming to Troy I couldn't even do a pushup and was desperate to get in the gym and get stronger. Now being there for 5 months, I realize it was definitely the best decision I have made. I feel so much stronger and noticed the changes it made very quickly. I came into my college soccer preseason feeling so prepared. What I like about Troy is that he knows what's best for each and every athlete that comes in and gives them the workouts that will specifically make that person better. The environment he creates and his encouraging attitude makes me look forward to coming in to work hard. I honestly would not be in the position I am in without him. Nothing negative has come out of coming here and he will always be the person I recommend to others.