



My junior year of high school I tore my ACL. Just prior to this I set several school track records with my relay team including indoor and outdoor 4x400 and 4x100. After my injury I was not sure if I would ever compete at the same level again. I then met Troy who helped me tremendously. I went from barely being able to jog and run to sprinting faster than I ever have even before my injury. He helped me regain most of the strength in my knee as well as training me to become a better athlete overall. I came back stronger than I ever was before. I am beyond grateful for Troy and all that he has helped me accomplish.

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