



Destiny Goodnight

(Mercyhurst NE Softball/Volleyball,
Ursuline High School)

Troy has helped me since day one with helping me get my strength and speed better each day. For me going to college for softball the workouts helping me get my strength for softball and be more powerful with hitting, throwing and faster in my speed. Troy has helped me with the most strength I have had in years. Each workout he will personally help you individually and push you to your full potential everyday. Each person he brings in loves the results and he makes a personal relationship with each athlete. I am grateful everyday I walk into that building to get better everyday by Troy. You will never hear anything bad about him or his programs.