



Alex Ward
(Boardman High School)

I started going to troy halfway through my sophomore year of high school. I had just started softball and I knew I wanted to be better, faster, and stronger. Since starting at troys, I have crushed every goal I have set for myself. Not only is going daily helping me in the gym, and on the field, but it has also had a huge impact on my mental strength. He is teaching me how to be tough, even if it has nothing to do with softball or in the gym. I have learned so many important lessons from him spanning from my perspective on life to embracing a dawg mentality. I always tell my parents that troy is like my life coach and it's more than a gym; it's a community. Troy gets to know all his athletes on a personal level. He is one of the most caring, supportive, and selfless people I know. I can always count on him to get me right, even if he has to sacrifice his time to squeeze me in. I give troy so much credit for the athlete and person I am becoming. I am and will forever be grateful for all that I have and will continue to learn from troy. Without troy and troy parks training and therapy, I would not be the person or athlete I am today.