



Troy has been our daughters' trainer since they were in elementary school. He is an expert at his profession! His training has allowed them to compete at a high level in multiple sports. He focuses on their weaknesses and turns them into strengths. He knows how to push and challenge them in order to accomplish their goals. We are fortunate for our girls to have him as their mentor and look forward to them continuing their athletic performance at a collegiate level.

Thanks Troy! You're the best!

**Gabby Lamparty**  
(South Range High School)