



**Emme Rubin**  
(Canfield High School)

I started with Dr. Troy Parks last July to start rehabbing my knee from my ACL injury. He was a great guide to have to get me healthy again in time for my senior basketball season. He is a very personable trainer who created and broke down each exercise specific to me. I wouldn't have been able to play my last year if it wasn't for him pushing me to the best of my ability each day, but he also brought fun energy and creativity to every workout and I looked forward to going everyday because of that. I'm the strongest I've ever been because of him and he genuinely wants the best for each person that goes to him. I wouldn't be where I am mentally and physically if it wasn't for Troy and the thoughtfulness he puts into every kid that walks through that door.