



I have had a goal of being a D1 athlete since I was a young kid. One of the things that has help me reach that goal is training year round with Troy. He set up my workouts to strengthen my body to be a better athlete and to help prevent serious injuries . Not only did my training work, it also helped prevent a serious knee injury. Even after a PCL tear, his training got me back on the court in two weeks. Without his help I do not think I would be where I am today!

Bree Kohler

(South Range High School,
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