



Jesse Likens

(JFK High School,
Air Force Academy Football)

I have been going to Troy throughout my entire time in high school. Over those years, the progression made not only by me, but also the others that he has trained has been exponential. He has a reason behind everything he does and is always able to make sure that we, as his athletes, understand exactly what that is. I like to call him a genius because of his very intelligent approach to training. Moreover, Troy is as down to earth as a person can be and fun to talk to. He is able to make every workout enjoyable and creates a perfect atmosphere for athletes who are willing to get better. He truly cares about the people he trains. Personally, I can't thank Troy enough for transforming me into the athlete I am today and ultimately being the reason I am able to play college football at Air Force.