



Aidyn Connolly
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I joined Parks Training and Therapy with prior strength and conditioning background hoping for some more personalized work. When I came in, Troy made it a point that my workouts would be tailored to my needs and goals. Throughout my athletic journey I struggled with constant back pain. Troy customized my training blocks to strengthen muscle groups that would benefit my back pain instead of avoiding it while also providing me with consistent mobility training. Throughout my time with Troy of becoming an overall well rounded athlete, I also became more confident in my training and pushed my body further than it's known limits. I started with prominently skills in weight training and left quicker, faster, and more reactive. The environment is always uplifting and motivational. I ended my time with lifting partners that turned into awesome friendships. With the healthy training atmosphere and Troy's knowledge, would recommend Parks Training and Therapy to any athlete!