



Gia Diorio

(Cardinal Mooney High School)

At the end of my freshman year my friend introduced me to Troy and I started training with him. It was the best decision I could have made as an athlete. Troy works constantly to make sure that his athletes are putting in the best work possible to enhance not only their strength but also speed, agility, and coordination. Something that I think makes Troy stand out is that he does not just assign you exercises to do and critique you. He explains what each drill does for you and why it is useful. He gets to know you on a personal basis beyond just what sports you play. Troy truly cares for the people he trains and has a real passion for his work. On multiple occasions, Troy has fit time in during his busy schedule to help me one on one or altered how long/what time he would be at the gym. I really appreciate all that he does for me especially making time to watch me play throughout the years during every season. There is no way I would be the athlete I am today without the training and guidance I have received from him.