



## **Emma Sanders**

(Springfield High School - Track & Soccer)

Troy Parks has exceedingly helped me throughout my track and soccer seasons. I came to Troy for help strengthening a previous injury and prepare me for a strenuous track season. I didn't have much time before my track season started and was looking for someone who would really push me to reach my full potential. In just 3 short months, Troy not only helped me become physically stronger from my injury but helped me overall mentally as an athlete. His determination and dedication to me as an individual athlete helped me be able to push myself and become a state qualifier in multiple events including an event, I previously hurt myself in. I now have the strength, confidence, and ability to achieve my athletic goals. Troy is a great trainer and always knows how to fix whatever problem you put in front of him. Troy always makes time for my workout and even goes beyond by showing his support at my some of my major track meets. He is always willing to work and pushes you to be better. He has truly helped me grow not only as an athlete but as an individual and I am very grateful for his help.