

PERSONAL

TRAINER

Active in sports from a young age, I have a lifelong passion for movement and performance. My personal interests in lacrosse, climbing, and running heavily influence my approach to training and athletic development.

With a background in kinesiology and strength coaching, I specialize in sport performance, offseason training, mobility, plyometrics, and running development. I help clients improve their weight room results while enhancing how they feel and perform in sports and daily life. My practice also emphasizes injury prevention to keep clients resilient.

Beyond working with athletes, I coach individuals of all levels to build strength, improve fitness, and increase confidence. My goal is to create individualized, sustainable programs that foster lifelong habits and a positive relationship with training.



Troy

EDUCATION:

- Bachelor of Kinesiology

TRAINING LOCATIONS:

- Booster Juice Recreation Center in Terwillegar
- Coronation Park
- Kinsmen