

# Real Members. Real Results.

*"Since I started training with Treon, my strength and power have improved drastically in the pool. I am able to attack the water in sprints and push off of the wall harder at each turn. Training with Treon has given me an edge over my competition because of the combination of being able to move my muscles faster and pull and kick more water in the sprint events. My performance goals in the gym for the next few months are to continue to get stronger and build more muscular endurance so that I am able to finish the 100-yard races with the same speed and power as the 50 yard races. My training sessions with Treon are both fun and challenging. Treon knows how to push me beyond what I think I can do, but he also knows when I have had hard swim practices and may need more rest. It also helps that we both love cleans and snatches! I love the community at **go**performance. Everyone is friendly and it feels like a big gym family. It is hard to go to the gym without seeing someone I know from only the gym. I chose to commit to swim for Pitt because of the amazing coaching staff, the city, the academics, and because I can see myself improving the most with how their sprinters train."*

~ Avery McFaddin, University of Pittsburgh, Swimming  
**go**performance Member Since 2016



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