



LAURA GREENE | HPE

AAU athlete Lyric Troy (left) runs a relay event during a recent practice of the High Point Blaze Track Club at the High Point Athletic Complex. She will compete next week in the 2024 AAU Junior Olympics in Greensboro.

# Young athlete overcomes bone infection

**BY JIMMY TOMLIN**  
ENTERPRISE STAFF WRITER

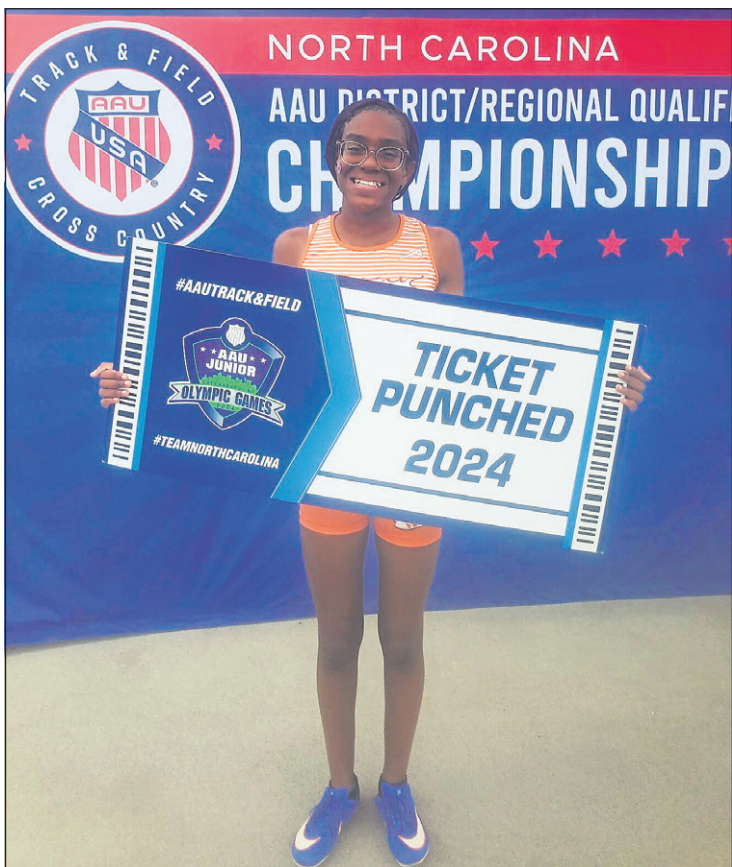
HIGH POINT — Only 3½ years ago, Lyric Troy found herself in the hospital, battling a hard-to-pro-  
nounce bone infection that caused

severe pain and compromised her ability to walk.

This week, though, the 12-year-old Greensboro girl — who is a member of the High Point Blaze Track Club — is preparing to face a different

kind of challenge. She's training to compete in the 2024 AAU Junior Olympic Games, which got under way Wednesday in Greensboro. The

SEE **ATHLETE/PAGE A2**



SPECIAL | HPE

**Lyric Troy, 12, celebrates her qualification for the 2024 AAU Junior Olympics. She qualified to compete in the 400-meter run and the high jump.**

## ATHLETE

FROM **PAGE A1**

track and field portion of the games will begin Monday.

“She’s a walking miracle,” says Bennie Bradley, Lyric’s coach. “When I heard her story, I was just, like, ‘Whoa!’ It’s pretty amazing.”

Lyric, who qualified for the 400-meter run and the high jump, joined the High Point Blaze only about two months ago, and the results have been eye-opening.

“This is her first sport,” says Lyric’s mom, Kayla McKoy. “She’d never really expressed an interest in track, but she made the team, and the rest is history.”

Lyric’s odyssey began in January 2021, when she began complaining of severe back and hip pain. A series of doctor visits and tests landed her at Brenner Children’s Hospital in Winston-Salem, where she spent 11 days after being diagnosed with osteomyelitis, an inflammation of the bone.

McKoy and Lyric’s father, Cruz Troy, had never heard of it.

“The doctors told us it’s an infection in the bone,” McKoy explains. “It was caused by a staph infection that developed into osteomyelitis. They couldn’t

tell us why or how it happened.”

Osteomyelitis is typically caused by a bacterial infection that has spread to the bone. In Lyric’s case, she was treated with strong antibiotics and monitored daily to make sure the infection cleared up. By the time that happened, though, Lyric had difficulty walking.

“It was very uncomfortable and painful, and she had to walk with a walker,” McKoy says. “Taking those first steps after being in the bed all that time was hard. She started doing better after about a week, but you could still tell she had been through something.”

Both of Lyric’s parents ran track in high school, but they were surprised when their daughter decided to try it. They were even more surprised to see her advance through the district and regional rounds to qualify for the AAU Junior Olympics.

Although Lyric qualified in the 400-meter run and the high jump, the 400 is her favorite event, according to Bradley.

“She runs it in about a minute and two seconds, which is great for a 12-year-old,” her coach says. “She’s a hard worker and has a great attitude. She’s absolutely a budding superstar.”

Jtomlin@hpenews.com | 336-888-3579