

# The Competitive **EDGE**

## *About Our Staff*

Competitive EDGE sessions are directed by Certified Strength & Conditioning Specialists and Certified Athletic Trainers – specially trained, highly qualified, multi-skilled allied health-care professionals who are regulated by and registered with the state of New York.

Our staff members are certified by National Strength and Conditioning Association and the National Athletic Trainers Association. They are trained in exercise physiology, kinesiology and biomechanics; strength training and conditioning for athletes; and weight management and body composition. They specialize in athlete education to prevent injury and re-injury.

*To learn more about us,  
contact*

*Tony Surace, M.Ed., ATC  
716.215.0723*

Now accepting Independent Health's  
FlexFit Family Plan



# Ken-Ton Summer Camp 2019 Information

### Dates & Times:

July 8th – August 9<sup>th</sup>, 2019

*Incoming 7<sup>th</sup>-9<sup>th</sup> Graders:*  
9-10:30am M-F

*Incoming 10<sup>th</sup>-12<sup>th</sup> graders:*  
10:45am-12:15pm M-Th

### Location:

Fitness Center  
@ Franklin Middle School  
540 Parkhurst Blvd  
Kenmore, NY 14223

Fee: Free to all KTUFSD athletes;  
Nominal charge for non-KTUFSD  
athletes

### What to Bring:

- Athletic shoes and attire
- Water bottle
- Positive attitude



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**Memorial Medical Center**  
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# The Competitive **EDGE** Sports Performance Training

*Get the **EDGE**  
on your  
Competition!*

716.215.0723

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**Competitive EDGE**

# What is Competitive Edge?

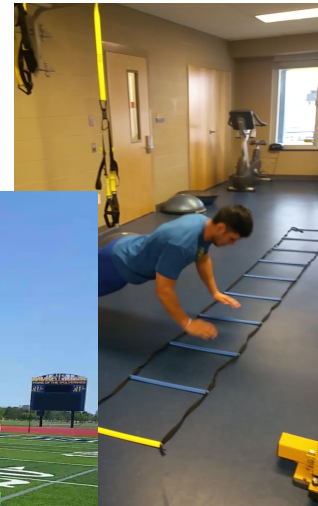
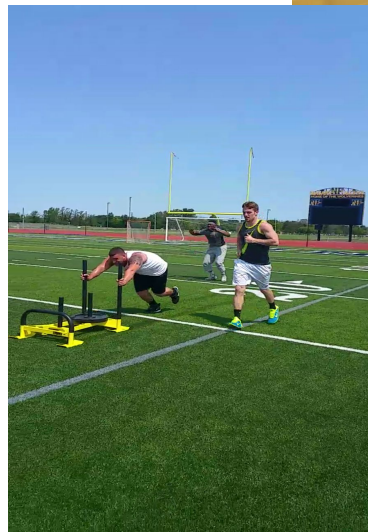
We are a dedicated sports performance program dedicated to educating athletes on how to increase their success the field, ice, or court. Success in athletics revolves around one's ability to integrate speed, agility, core strength and muscle endurance to perform at the top of one's game.

At The Competitive EDGE Sports Performance we use a combination of Certified Strength and Conditioning Specialists (CSCS) along with Certified Athletic Trainers (ATC) to design optimal workouts that help you achieve your highest level of performance. Participants will leave the program faster, stronger, and injury free!



## Training Focus

- Dynamic Warm-Up and Flexibility Routines
- Explosive Plyometric Training
- Techniques to improve multidirectional speed and agility
- Core strength and stability
- Improved overall conditioning
- Motivation & mental fitness



## Registration

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Last Name      First Name

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Street Address

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City                  Zip Code

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School & Grade (Fall 2019)

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Phone #

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Email

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Emergency Contact Name & Phone #

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Sport(s)

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Signature of Participant

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Parent/Guardian signature (if under 18)

**Please send completed registration form**

**to:**    NFMCC Physical Therapy  
Summit Healthplex Suite 700  
6934 Williams Road  
Niagara Falls, NY 14304  
Attn: Laura Ranieri

**OR scan & email completed registration form to:**

Iranieri@ktufsd.org