

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, National Academy of Sports Medicine, 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 2020 Information

Dates, Times, & Locations:

July 19th – August 20th, 2021

Incoming 7th-9th Graders:

9-10:30am M-F

Meet @ Adams Field Locker Rooms

Incoming 10th-12th graders:

11am-1pm M-F

Meet @ Adams Field Locker Rooms

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

What to Bring:

- Athletic shoes and attire
- Water bottle
- Positive attitude



The Competitive **EDGE** Sports Performance Training

*Get the EDGE
on your
Competition!*

716.215.0723

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@NiagaraEdge



Like us on Facebook!

Competitive EDGE



NIAGARA FALLS
Memorial Medical Center
Exceptional care, exceptionally close.



What is Competitive Edge?

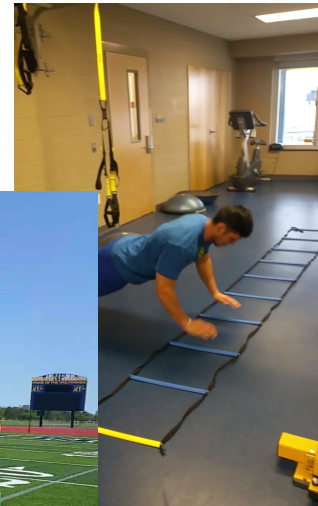
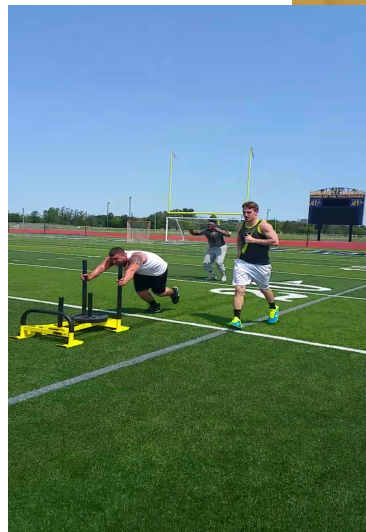
We are a dedicated sports performance program dedicated to educating athletes on how to increase their success on the field, ice, or court. Success in athletics revolves around one's ability to integrate speed, agility, core strength and muscle endurance to perform at the top of one's game.

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

Last Name First Name

Street Address

City Zip Code

School & Grade (Fall 2021)

Phone #

Email

Emergency Contact Name & Phone #

Sport(s)

Signature of Participant

Parent/Guardian signature (if under 18)

Please send completed registration form

to: NFMCM 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