



NIAGARA FALLS
Memorial Medical Center
Exceptional care, exceptionally close.



Attention Ken-Ton Athletes:

If you're looking for that Edge, be a part of *The Competitive Edge Sports Performance Program* sponsored by NFMCC & UBMD Orthopaedics & Sports Medicine in Niagara.

Who: All Ken-Ton Athletes Grades entering grades 7-12

When: July 19th – August 20th, 2020

Time & Location:

7th-9th Graders @ 9 – 10:30am Monday through Friday

@ Adams Field Football Locker Rooms

10th-12th Graders @ 11am-1pm Monday through Friday

@ Adams Field Football Locker Rooms

Cost: Free to all athletes who attend a Ken-Ton school*

What: Competitive Edge is a 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. Improve your game with *The Competitive Edge*

Contact: See brochure on KenTon Athletics website -OR- email Iranieri@ktufsd.org

*Nominal charge to those athletes who live in the district but attend a non-KTUFSD school