

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 2017 Information

Dates:

July 10th – August 11th, 2017
Monday through Friday

Times: 10:00am-12:00pm

Location:

Weight Room
@ 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



The Competitive **EDGE**

Sports Performance Training

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

716.215.0723

Follow us on Twitter!

 @NiagaraEdge



Like us on Facebook!

**Competitive Edge
Sports Performance & Summit
Healthplex Physical Therapy**

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.

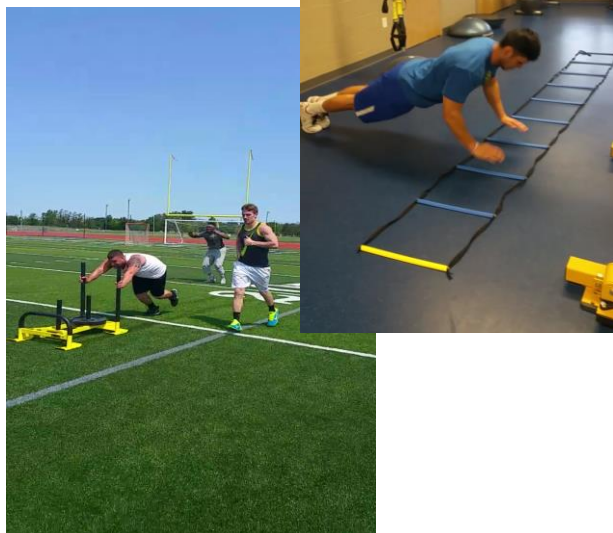
At The Competitive EDGE Sports Performance we use a combination of Certified Strength and Conditioning Specialists (CSCS) along with Certified Athletic Trainers (ATC) to design optimal workouts that help you achieve your highest level of performance.

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

Last Name First Name

Street Address

City Zip Code

Age Sex

Phone

Email

Emergency Contact

Emergency Phone

Sport(s)

Signature of Participant

Parent/Guardian signature (if under 18)

**Please make checks payable to NFMMC
& Send completed registration form to:**

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