

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 patient education to prevent injury and re-injury.

**To learn more about us,
contact**

Tony Surace, M.Ed., ATC

716.215.0723

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The Competitive **EDGE** Sports Performance Program

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STRONGER ...

INJURY FREE ...



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What is The 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.



Programs for Individuals and Teams

- Sports Specific Functional Training for All Athletes Beginner to Elite
- Performance Training Camps and Workshops
- Individual and Team Training Available
- Dynamic Warm-Up and Flexibility Routines
- Explosive Plyometric Training
- Techniques to Improve Multidirectional Speed and Agility
- Core Strength and Stability



Training Methods We'll Employ During Your Sessions

- Agility Tools
- Plyometrics
- Sport Cord Training
- Medicine Balls
- Sport Specific Equipment
- Core Training
- Balance Equipment

