



Lewiston Porter 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 of Niagara.

Who: All 2017-2018 Lewiston Porter Athletes Grades 7-12

When: July 10th – August 11th

Time: 9:30 am-11:00 am M W F (Conditioning)

9:30am-11:00am T and TH (Strength Training)

Where: Lewiston Porter High School (Fitness Center) and Blakeslee Stadium

What: Competitive Edge is 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

Cost: \$45/athlete for Conditioning camp \$35/athlete for Strength training.
\$75/athlete for both sessions and includes a Competitive Edge T-Shirt.

Contact: Jason Hopkins, ATC, CSCS at 716-870-2207 (C) or email
jhopkins@lew-port.com

Please make checks payable to: **NFMCC**