

Program Dates:

Monday, May 28th
through
Friday, July 20th

*For JV/
Varsity
Players*

**State
Football Champs:
2006, 2007, 2008,
2014, 2015, 2017**

Centennial HS

14388 N. 79th AVE.
Peoria, AZ 85381

www.centennialcoyotesfootball.com

Improve your strength, speed, conditioning & football skills with our successful program.

2018 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (JV/VARSITY)

WEIGHTLIFTING DAYS/TIMES:

For JV/Varsity Players

Monday, Tues, Thursday, Friday

Session 1: 9:00am-10:45

Session 2: 10:30am-12:15pm

Tuesday & Thursday

Session 3: 4:30-6pm

*All activities begin the week of Monday, May 28th

FOOTBALL SPEED/SKILLS DAYS/TIMES:

Monday

Specialists (Kickers/Snappers):
6pm-7:30pm

Tuesday & Thursday

7on7 Skills & Lineman Camp or
Competition (TBA): 6pm-8pm

Wednesday

Speed & Conditioning:

Session 1: 7:30am-9:00am

Session 2: 9:00am-10:30am

*All activities begin the week of Monday, May 28th

HOW DO I SIGN UP?

Bring your registration and payment to the Centennial HS Bookstore. Pay with debit card, cash or check (checks made out to "Centennial High School") Bookstore phone #: (623) 412-4417

For more information contact
Coach Andrew Taylor:
antaylor@pusd11.net

For the latest information go to our website:

www.centennialcoyotesfootball.com

CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM Cost: \$75

*All participants will receive a detailed weightlifting program, strength building sessions with weightlifting instruction appropriate for skill level, participation in speed, agility, quickness, and conditioning drills, as well as participation in our annual "Power Night" lifting competition

*Participants will also receive instruction in specific football skills, specific for their position and ability level.

*Participants will also be eligible to participate in summer 7on7 and Linemen competitions (exact time/date TBA).