

Centennial High School Football



Off-Season Speed/Strength Training

WHAT: OFF-SEASON SPEED/STRENGTH TRAINING INFORMATIONAL PARENTS MEETING

WHEN: WEDNESDAY, NOVEMBER 14TH AT 6:30 P.M.

WHERE: CENTENNIAL HIGH SCHOOL LEARNING COMMONS

WE ARE INVITING ALL PARENTS TO COME AND LEARN ABOUT OUR IMPROVED AND EXCITING SPEED/STRENGTH PROGRAM AT CENTENNIAL HIGH SCHOOL. WE ALSO WANT TO SHOW YOU THE REASONS WHY IT IS IMPORTANT FOR ATHLETES TO BE LIFTING WITH THEIR TEAM IN THE OFF-SEASON (IF HE IS NOT IN ANOTHER HIGH SCHOOL SPORT).

OUR SESSIONS WILL BE A LITTLE DIFFERENT THAN IN THE PAST. NEW THINGS YOU CAN EXPECT TO SEE IN THE PROGRAM:

- **COMPETITIONS AND SPECIAL EVENTS**
- **NEW REWARDS AND INCENTIVES**
- **AN ATMOSPHERE DRIVEN BY OUR 3 C's: CHARACTER, COMMITMENT AND COMPETE**
- **GROUP/TEAM TASKS THAT OUR PREDICATED AROUND FAMILY AND COMRADERY**
- **CHARACTER EDUCATION AND TEAMBUILDING COMPONENTS**
- **2 FULL-TIME STRENGTH COACHES ON THE FLOOR AT ALL TIMES IN ADDITION TO VARSITY FOOTBALL COACHES**
- **A "FINISH THE FIGHT" MENTALITY THAT IS BEING CREATED BY OUR SENIORS**

OUR COACHING STAFF HAS BEEN WORKING EXTREMELY HARD AT TRYING TO DEVELOP AND IMPROVE OUR STRENGTH PROGRAM. WE BELIEVE THIS IS THE BEST PROGRAM FOR YOUR SON BECAUSE OF THE PROGRAM DESIGN, EXPERIENCE OF THE STRENGTH COACHES, AN OPPORTUNITY TO GROW WITH THEIR TEAM AND THE AFFORDABILITY.

THE GOALS ARE AS HIGH AS THEY EVER HAVE BEEN AT CENTENNIAL. OUR SENIORS ARE DRIVEN AND COMMITTED TO DOING EVERYTHING THEY CAN TO GET BACK TO THE SUCCESS WE HAD IN 2017 WHEN WE WON THE DISTRICT CHAMPIONSHIP. TO DO THIS, WE NEED TO WIN THE OFF-SEASON AND COMMIT OURSELVES TO IMPROVING OUR MINDSET AND OUR BODIES. THE FALL OF 2019 WILL COME FASTER THAN YOU CAN IMAGINE.

BE THE PLAYER THAT YOUR TEAMMATES CAN TRUST IN THE 4TH QUARTER. THE MOTTO IS SIMPLE THIS OFF-SEASON, FINISH THE FIGHT.

IF YOU HAVE ANY SPECIFIC QUESTIONS ABOUT OUR PROGRAM, PLEASE EMAIL OUR STRENGTH COACHES IN CHARGE OF OUR WINTER WEIGHT ROOM:

- **JASON SNODDY: JSNODDY@ISD12.ORG**
- **MICHAEL DIGGINS: MKDIGGINS@ISD12.ORG**

COUGAR FOOTBALL FAMILY

CHARACTER – COMMITMENT – COMPETE

