

Program Dates:

Monday, May 27th
through
Friday, July 26th

*For JV/
Varsity
Players*

**State
Football Champs:**
2006, 2007, 2008,
2014, 2015, 2017,
2018

Centennial HS

14388 N. 79th AVE.
Peoria, AZ 85381

www.centennialcoyotesfootball.com

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

2019 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

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**

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 -or- Coach Ian Comes
antaylor@pusd11.net icommes@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).