

Program Dates:

**Monday, June 8th
through
Friday, July 24th**

*For
Incoming
7-9th
graders*

**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.

2020 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (7, 8, 9 Grade)

WEIGHTLIFTING DAYS/TIMES: For 7, 8, 9 Graders:

Monday through Friday

**Last Name A-L:
7:00 AM– 8:00 AM**

**Last Name M-Z:
8:00 AM– 9:00 AM**

FOOTBALL SPEED/SKILLS DAYS/TIMES:

Monday

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

Wednesday

**Speed & Conditioning
Last Name A-L:
7:00 AM—8:00 AM**

**Last Name M-Z:
8:00 AM—9:00 AM**

HOW DO I SIGN UP?

Bring your registration and payment (\$75) 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 icomest@pusd11.net

For the latest information
follow 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.*

Participants must wear workout clothes, running shoes, bring their own towel, water container and cleats.