

Program Dates:

Monday, May 27th
through
Friday, July 26th

*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.

2019 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (7, 8, 9 Grade)

WEIGHTLIFTING DAYS/TIMES:

For 7, 8, 9 Graders:

Monday through Friday

7:30 am- 9:00 am

*All activities begin Monday, May 27th

FOOTBALL SPEED/SKILLS DAYS/TIMES:

Monday

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

Tuesday & Thursday

OL/DL Lineman Camp:
6pm-7pm

Wednesday

Speed & Conditioning, 7:30 am
7:30am-9:00am

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 need workout clothes, water, running shoes and cleats.