

Program Dates:

Monday, June 8th
through
Friday, July 24th

*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.

2020 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (JV/VARSITY)

WEIGHTLIFTING DAYS/TIMES:

For JV/Varsity Players

Monday, Tues, Thursday, Friday

Session 1: 9:00 AM- 10:30 AM

Session 2: 10:30 AM- Noon

*Weight Room opens Monday, June 8th

FOOTBALL SPEED/SKILLS DAYS/TIMES:

Monday

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

Tuesday & Thursday

Speed & Conditioning; 7on7/Big
Man (TBA later): 6:15 PM-8 PM

Wednesday

Speed & CT Conditioning:
Session 1: 9:00 AM or 9:20 AM
Session 2: 9:40 AM or 10:00 AM

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 icomest@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, football position instruction, 7on7, Big Man, 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 must wear workout clothes, running shoes, bring their own towel, water container and cleats.