

Program Dates:

Tuesday, May 27th  
through  
Friday, July 25th

**Arizona State  
Football Champs:**  
2006, 2007, 2008, 2014, 2015,  
2017, 2018, 2024

Centennial HS

[www.centennialcoyotesfootball.com](http://www.centennialcoyotesfootball.com)

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

# 2025 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (Jr. High 7th & 8th graders)



## WEIGHTLIFTING For 7th & 8th Graders

DAYS/TIMES:

*\*Monday - Friday\**

7:30am — 9:00am

\*Program starts on Tuesday, May 27th



## FOOTBALL SPEED/SKILLS

DAYS/TIMES:

*\*Monday\**

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

*\*Tuesday & Thursday\**

7on7 Skills & Lineman Camp or  
Competition (TBD): 6pm-8pm

*\*Wednesday\**

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

## 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) No payments taken over phone.

Bookstore phone #(623) 412-4417

For more information contact:  
Head Coach Andrew Taylor  
[antaylor@pusd11.net](mailto:antaylor@pusd11.net)

## Cost: \$100

\*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.

**\*For the latest information go to our website:**

[www.centennialcoyotesfootball.com](http://www.centennialcoyotesfootball.com)

CeHS SUMMER WEIGHTLIFTING/FOOTBALL CAMP REGISTRATION

2025

Player's First & Last Name: \_\_\_\_\_

Parent Name & Phone Number \_\_\_\_\_

Grade Level: \_\_\_\_\_

Date Paid \_\_\_\_\_

Bookstore use only