

Program Dates:

Monday, May 23rd
through
Friday, Aug 5th

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.

2022 CENTENNIAL COYOTES SUMMER FOOTBALL PROGRAM (JV/VARSITY)



WEIGHTLIFTING **For JV/Varsity Players**

DAYS/TIMES:

Monday, Tues, Thursday, Friday

Session 1: 9:00am-10:45
Session 2: 10:30am-12:15pm

***Weight Room opens Monday, May 23rd**

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) No payments taken over phone. Bookstore phone #(623) 412-4417

For more information contact
Coach Andrew Taylor
antaylor@pusd11.net

For the latest information go to our website:

www.centennialcoyotesfootball.com

Cost: \$95

*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). Please get your Physicals and upload to Register My Athlete.

CeHS SUMMER WEIGHTLIFTING/FOOTBALL CAMP REGISTRATION

2022

Player's First & Last Name: _____

Parent Name & Phone Number _____

Grade Level: _____

Date Paid _____

Bookstore use only