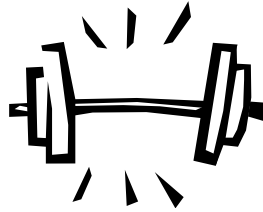


Monday, May 24th
through
Friday, August 6th
(Monday– Friday)



Centennial HS
14388 N. 79th AVE.
Peoria, AZ 85381

Centennial HS State 5All
Football Champs: 2006, 2007, 2008

Improve your strength, speed, agility and
conditioning with our successful program.

2010 CENTENNIAL COYOTES SUMMER WEIGHTLIFTING

Participation is open to all students and
adults, ages 13 and up

Cost: \$40.00
(cash or check only—checks made out to
“Centennial High School”)

All participants will receive a detailed
weightlifting program, weightlifting instruction
appropriate for skill level, and participation in
speed, quickness, and conditioning drills,
lineman camp, kicking camp, and skill player
instruction (date & time TBA)!

**PROGRAM
HOURS:**

Monday – Friday

**8:00 am – Noon
&
4:00 pm - 6:00 pm**

***No evening hours on
Friday**

HOW DO I SIGN UP?

Bring your registration and
payment to Coach Taylor in
the weight room or to Kathy
Holmes in the Centennial
Bookstore:
(623) 412-4417

For more information contact
Coach Andrew Taylor
(summer weightlifting
coordinator):
(602) 620-1320

PARTICIPANT Last Name: _____ First Name: _____

Birth date: _____ Age _____

Address _____

City _____ Zip _____

Phone Number (home) _____ (cell) _____

I/we hereby release and forever discharge the Peoria Unified School District, its coaches and administrators, and all other persons who are or might be liable, from any and all claims of any kind against them due to my participation, or my child's participation, in a Centennial High School weightlifting/running program. This waiver includes all damages, losses, costs, expenses, and injuries that allegedly occur during the course of this program. In that regard, I/we agree to hold harmless to the fullest extent permitted by law the foregoing persons and entities from any loss or damages, including reasonable attorneys fees and litigation expenses, which may be incurred by them in the event any such claims are our responsibility. This waiver does not extend to any such claim or liability that is caused by the sole and exclusive intentional acts/gross negligence of the Peoria Unified School District or its employees.

PARTICIPANT Last Name: _____ First Name: _____

PARENT/GUARDIAN Last Name: _____ First Name: _____

Signature of Parent / Guardian _____ Date _____