

Announcement about Football at Centennial High School

Hello,

It has been quite the year. I know many of you are excited that school is ending and getting out to do those summer activities. Before you go I would like to encourage you to join the football team at Centennial. We take everyone and no one will be cut. No experience is necessary. We can teach you all that you need to know to enjoy the greatest team sport ever created.

There are a couple of important things for you to know. First, we do start working out, early in the summer. This is important for a variety of reasons. One is that many of us have not been doing anything for quite some time with Covid, so we need to start getting ourselves back into shape. Second, it prepares and protects our bodies from injury. And third, during the summer we take time to install the offense and defense as well as various offensive and defensive skills. This is important because it is done at a slower pace than in season and really gives players an advantage going into the season.

We lift four days a week. Monday thru Thursday, starting at 9am. We will do field workouts after weights. We start on Monday, June 21st. Again, no experience necessary, the coaching staff will teach you proper lifting technique and safety. We also do 7 on 7 contests with other high schools in the area. That schedule is on the calendar as well. We do an older group and younger group team.

I am including this link to our team summer calendar.

<https://docs.google.com/document/d/1vPReAS-OUTveojCdlj6a87kpTxD9mPzO5m7a5w7690Y/edit>

This calendar has all our summer information. It has when camp and practice/doubles start as well as all other information that you will need. I do have printed copies, if you come to weight training you can pick one up if that is easier. You will need a physical as an incoming freshman. The information for that is on the schools athletic page, and we can help you with that during the summer.

My email if you wish to reach out to me is charles_self@csd28j.org
Please send any question you have my way.

We expect a great season this next year. Come join the F.A.M.I.L.Y. You won't find a better place to be.

Hope to see you soar with Eagles!

Butch Self
Head Football Coach