

Century Football Summer Strength & Skills Program

June 8th - July 30th

6:30 am - 8:30 am

Century High School gym, weight room, & football field

Cost: \$100

The Summer Strength Program will be led by the Century Strength & Conditioning staff.

Athletes will learn how to train using the techniques, exercises, and dynamic movements that we teach at Century High School.

Athletes will also compete against themselves and, at times, each other in multiple games and competitions.

All CHS FOOTBALL PLAYERS are HIGHLY encouraged to participate!

Payment can be made;

- * in person 30 minutes prior to start of camp
- * in person at Century High School front office - any time prior to start of camp
- * over the phone with credit card

(208) 478-6863 ext. 4

- * mailed to the school:

attn: *Ryan Fleischmann*

Century High School

7801 West Diamondback Drive

Pocatello, ID 83204



- * or via VENMO @Century_High_School

- please make sure to add total, and in the description put **what & who** you are paying for!

Any questions please contact:

Ryan Fleischmann

(208) 478-6863

fleiscry@sd25.us