



## **FREE Centennial Football Camp!**

The Centennial football program will be hosting a **FREE CAMP** during the last week of this school year. The camp is open to all rising 8<sup>th</sup> and 9<sup>th</sup> grade students. Camp participants will learn the skills of football, compete in flag football games, and become oriented to our high school weight room by practicing the core lifts and other strength and conditioning exercises the football program uses in the weight room.

### When?

The last three half-days of the 2018-19 school year:  
Wednesday, June 19; Thursday, June 20; Friday, June 21  
**From 12:15pm to 3:15pm**

### Where?

The camp will be held at Centennial High School. Participants must provide their own transportation to Centennial after dismissal at their middle school. Camp participants can be dropped off at the side door by the tennis courts and meet in the CHS gymnasium.

### Who?

The camp is open to all students (boys and girls) currently in the 7<sup>th</sup> and 8<sup>th</sup> grades at Burligh Manor, Dunloggin, and Ellicott Mills middle schools (Rising 8<sup>th</sup> and 9<sup>th</sup> grade students).

### How to Sign-Up:

To sign-up, please use the following link:  
<http://tinyurl.com/CHSFBallCamp2019>

All permission slips must be turned into the front office at your school by Friday, June 14  
Forms can also be scanned and emailed to [william\\_martin@hcpss.org](mailto:william_martin@hcpss.org)