

# 2013 LWFA SCHEDULE OF EVENTS

23 Sunday

**7on7 Okoboji Shootout**  
8 AM - 3:30 PM BEDELL FAMILY YMCA, SPIRIT LAKE

**Boji Big Man Challenge**  
8 AM - 3:30 PM BEDELL FAMILY YMCA, SPIRIT LAKE

**LWFA Session 1: Become a Student of the Game**  
5 PM - 7:30 PM SAMI CENTER, SPIRIT LAKE

24 Monday

**Nate Kaeding Kicking Camp**  
8 AM - 4 PM BEDELL FAMILY YMCA, SPIRIT LAKE

**LWFA Sessions 2 & 3: Skills Academy**  
8 AM - 4 PM BEDELL FAMILY YMCA, SPIRIT LAKE

25 Tuesday

**LWFA Sessions 4 & 5: Skills Academy**  
9 AM - 4:30 PM BEDELL FAMILY YMCA, SPIRIT LAKE

Register at [www.levarwoodsfootball.com](http://www.levarwoodsfootball.com)



## LEVAR WOODS

Academy Director

Seven-year NFL veteran and Northwest Iowa native, LeVar Woods is thrilled for the 4th annual LeVar Woods Football Academy. LeVar brings his balance of leadership, coaching and playing experience to the LWFA. As Academy Director, and with his dedication to technique and fundamentals, LeVar and the LWFA staff stress the importance of hard work, character and development to young athletes. Woods is entering his 2nd season as the Linebackers coach for the Iowa Hawkeyes and his recruiting territories include the Atlanta & Dallas-Fort Worth areas. Prior to being named Linebackers coach, LeVar spent the previous four years as a Football Administrative Assistant for the Hawkeyes where his main focus was recruiting. Before joining the Hawkeye Football staff, LeVar competed as a Linebacker for seven seasons in the NFL with the Arizona Cardinals, Chicago Bears, Detroit Lions and Tennessee Titans. He originally signed as an Undrafted Free Agent with the Arizona Cardinals in 2001, where he twice earned Arizona Cardinals Special Teams Player of the Year honors. Woods was a 3-year Letterman, Team Captain and MVP at the University of Iowa while playing for legendary coaches Hayden Fry and Kirk Ferentz.



Thank you to our sponsors!



at the Bedell Family YMCA  
1900 41st Street, Spirit Lake, IA 51360  
Register at [www.levarwoodsfootball.com](http://www.levarwoodsfootball.com)



**OKOBOJI, IOWA**  
**4th - 12th GRADE**  
**JUNE 23 - 25, 2013**





**MISSION** *Our mission is to provide each athlete with the finest hands-on instruction available as well as a first-class experience they'll never forget! Each athlete will receive unique, position-specific drills that cater to teaching technique, footwork and functional movements on the field. With our expert coaching staff, including those with NFL experience, athletes will be given elite training and instruction that will help them take their game to a new level!*

## 7ON7 OKOBOJI SHOOTOUT & BOJI BIG MAN CHALLENGE

The **7on7 Okoboji Shootout** is a fast-paced, passing tournament designed to bring the top high school teams together for a day of team building and intense competition. Athletes will learn offensive and defensive passing skills taught by college coaches from all over the Midwest while competing for yearlong bragging rights.

In conjunction with the 7on7 Okoboji Shootout, the **Boji Big Man Challenge** is just for the guys who play up front and do all the dirty work. Come to the Bedell Family YMCA in Spirit Lake, Iowa and show off your strength in a day full of events that will be sure to challenge your power, stamina and explosion! Participants will be instructed on how to utilize better technique, better leverage, more power and more explosion in order to maximize their performance on the field.

Overnight lodging is available at the YMCA's Camp Foster for Saturday night, June 22. One adult coach must be present with each 7on7 team. A Camp Foster supervisor will be provided for Boji Big Man Challengers who request lodging. The cost of lodging is \$15 per camper; dinner and breakfast are included.

Includes: 1 LWFA Nike drawstring bag and lunch.

Sunday, June 23, 2013 | 8 AM Check-in, 8:30 AM - 3:30 PM Competition  
Bedell Family YMCA, 1900 41st Street, Spirit Lake, Iowa  
For boys entering grades 9 - 12

**7on7 Okoboji Shootout - \$300 per team**  
**Boji Big Man Challenge - \$30 per participant**

For complete details and registration information, visit [www.levarwoodsfootball.com](http://www.levarwoodsfootball.com) or contact us at: [info@levarwoodsfootball.com](mailto:info@levarwoodsfootball.com).



## 2013 LWFA

Sunday, June 23, 2012 - Tuesday, June 25, 2013, For boys entering grades 4 - 12

### Session 1: Sunday Become a Student of the Game

Master the fundamentals of the game and become a better leader by learning how to take notes, journal, set and achieve goals, and evaluate video. Parents are welcome!

Sunday, June 23 | 5 PM Check-in, 5:30 PM - 7:30 PM Session 1  
Sami Bedell Center for Performing Arts, 612 28th Street, Spirit Lake, Iowa 51360

### Sessions 2 - 5: Monday & Tuesday Skills Academy

Monday, June 24 | 8 AM Check-in, 9 AM - 4 PM LWFA Sessions  
Tuesday, June 25 | 9 AM - 4:30 PM LWFA Sessions  
Bedell Family YMCA, 1900 41st Street, Spirit Lake, Iowa 51360

## ACADEMY FEES INCLUDE

5 sessions, 2 official LWFA Nike Dri-Fit shirts, LWFA Nike drawstring bag, academy autograph poster, lunch on Monday and Tuesday.

## ACADEMY HIGHLIGHTS

Low athlete to coach ratios, athletes grouped by age and ability, learn skills and techniques used by college and NFL players, informative input on college recruitment, autograph session with academy staff.

The LWFA takes place in Okoboji, the Midwest's #1 family vacation destination!

## DISCOUNTS

**Sibling Discount:** Families registering one camper will receive a \$50 discount on each additional camper from the same household.

**Early Bird Discount:** Register before or on May 1 and receive \$20 in LWFA Store Credit.

REGISTER AT  
[www.levarwoodsfootball.com](http://www.levarwoodsfootball.com)

## 3 WAYS TO ATTEND

### Commuter Camper

For participants who will be commuting to camp from home each day.

Includes: 5 LWFA Sessions, 2 official LWFA Nike Dri-Fit shirts, 1 LWFA Nike drawstring bag, Academy journal, and an autograph poster. Lunch is included on Monday & Tuesday.

**Price - \$279**

### Resident Camper

For participants who would like overnight lodging Sunday, June 23 - Tuesday, June 25 at the YMCA's Camp Foster located on East Lake Okoboji. Cabin space is limited and available at a first come, first serve basis.

Includes: 5 LWFA Sessions and 2 nights of lodging at Camp Foster. All meals, bus transportation to and from the Academy each day, counselor supervision and evening team building activities are included. Campers will receive 2 official LWFA Nike Dri-Fit shirts, 1 LWFA Nike drawstring bag, Academy journal, and an autograph poster.

**Check-in** Sunday, June 23 at Camp Foster, 2 PM - 4 PM OR Monday, June 24 at the Bedell Family YMCA, 8 AM - 8:30 AM (same price)

**Pick-up** Tuesday, June 25 at the Bedell Family YMCA at 4:30 PM OR Wednesday, June 26 at Camp Foster, 8 AM - 12 PM (same price)

**Price - \$378**

### Full Week Resident Camper

Full week camp (Sunday, June 23 - Saturday, June 29) for residents who would like overnight lodging at the YMCA's Camp Foster located on East Lake Okoboji. Camp includes the LWFA's 5 sessions (Sunday - Tuesday) plus 4 additional days (Wednesday - Saturday) to participate in character building activities at Camp Foster. Cabin space is limited and available on a first come first serve basis.

Includes: 5 LWFA Sessions, 4 additional days of character building activities at Camp Foster, and 6 nights of lodging at Camp Foster. All meals, bus transportation to and from the Bedell Family YMCA for the LWFA, counselor supervision and evening team building activities are included. Campers will receive 2 official LWFA Nike Dri-Fit shirts, 1 LWFA Nike drawstring bag, Academy journal, and an autograph poster.

**Check-in** Sunday, June 23 at Camp Foster, 2 PM - 4 PM OR Monday, June 24 at the Bedell Family YMCA, 8 AM - 8:30 AM (same price)

**Pick-up** Saturday, June 29 at Camp Foster, 9:30 AM - 11 AM

**Price - \$429**

## ADDITIONAL WAYS TO ATTEND

### 1-Day Skills Academy: Monday OR Tuesday

For participants who are only able to come Monday or Tuesday

Includes: 2 LWFA Sessions, 1 official LWFA Nike Dri-Fit shirt, 1 LWFA Nike drawstring bag, an autograph poster, and lunch.

**Price - \$139**

### Nate Kaeding Kicking Camp

Monday ONLY. For Kickers, Punters, Snappers & Holders who want THE BEST individualized instruction. Taught by All-Pro NFL Kicker, Nate Kaeding as well as fundamental training from the LWFA coaching staff.

Includes: 1 official LWFA Nike Dri-Fit shirt, 1 LWFA Nike drawstring bag, an autograph poster, and lunch is included.

**Price - \$139**

If you're interested in attending the 3-Day Skills Academy as well, please contact us at: [info@levarwoodsfootball.com](mailto:info@levarwoodsfootball.com).

## ACADEMY STAFF



**LeVar WOODS**  
Academy Director



**Greg DAVIS**  
QB



**Matt KROUL**  
OL



**DJ HERNANDEZ**  
TE



**Brett MORSE**  
RB



**Bobby KENNEDY**  
WR



**Dedric WARD**  
WR



**Reese MORGAN**  
DL



**AJ EDDS**  
LB



**Jeff TARPINIAN**  
LB



**Rich COADY**  
DB



**David RAIH**  
QB



**Bruce NELSON**  
OL



**Sam BROWNLEE**  
RB



**Chic EJIASI**  
WR



**Scott SOUTHMAYD**  
WR & Recruiting



**Charlie BULLEN**  
DL



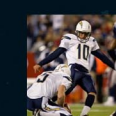
**Kyle VANDEN BOSCH**  
DL



**Matt McCARTY**  
LB



**Matt BOWEN**  
DB



**Nate KAEDING**  
K

Academy staff subject to change. Visit [www.levarwoodsfootball.com](http://www.levarwoodsfootball.com) for updates. Follow the LeVar Woods Football Academy on Facebook and Twitter.

