



# LEVAR WOODS

## FOOTBALL ACADEMY

### 7on7 OKOBOJI SHOOTOUT & BOJI BIG MAN CHALLENGE

Sunday, June 24, 2012 | Bedell Family YMCA, Spirit Lake, Iowa

#### 7on7 OKOBOJI SHOOTOUT

The **7on7 Okoboji Shootout** is designed to bring the top high school teams in the Midwest together for a day of instruction, intense competition and yearlong bragging rights. It is also an opportunity for athletes to showcase their skills in front of college coaches from all over the Midwest.

##### Event Information:

When: Sunday, June 24, 2012 from 9 AM - 4 PM

Where: Bedell Family YMCA, Spirit Lake, Iowa

Who: For high school football players entering grades 9 - 12

Cost: \$300 per team. A non-refundable deposit of \$75 (with a minimum of 7 players on a roster) is due by Sunday, June 17, 2012 for bracket set-up.

What's Included: A day of intense and fun competition. Minimum of 4 games. Lunch. Nike LWFA Drawstring Bag.

Register today! Tournament space is limited to the first 20 teams registered.

##### Schedule:

Check-in: 8 AM - 8:30 AM

Intro & Instruction: Begins at 8:30 AM

Pool Play: Begins at 8:45 AM

Bracket Play: Begins at approximately 1:45 PM (single elimination)

Championship: Begins at approximately 2:35 PM

Awards & Closing Remarks: Approximately 3:10 PM

##### Team Information:

Teams must consist of a minimum of 7 players and a maximum of 15, all entering grades 9 - 12, at tournament start. Each team is limited to 3 coaches and must have at least 1 adult coach present during the tournament to be eligible for competition. Teams must be registered together by a coach or team captain. Overnight lodging is available at the YMCA's Camp Foster for Saturday night, June 23, 2012; dinner and breakfast are included. The cost of lodging is \$25 per camper.

##### 7on7 Quick Hits:

-Offensive Unit will be composed of 1 QB, 1 Center & 5 Receivers (any combination of RBs, WRs & TEs)

-Defensive Unit will be composed of either 4 DBs & 3 LBs OR 5 DBs & 2 LBs

-Field Dimensions; length = 45 yards long, width = 120 feet wide, end zone = 10 yards deep

-Scoring; 6 points for a TD / 1 point for a PAT from 3 yard line / 2 points for a PAT from 10 yard

line / 2 points for INT by the defense and play will be blown dead

-No Blocking; Offensive Center is not an eligible receiver

-All rules are subject to change

#### BOJI BIG MAN CHALLENGE NEW

**NEW** to LWFA and in conjunction with the 7on7 Okoboji Shootout, we bring to you the **Boji Big Man Challenge**. This event 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! Before, during and after the events, participants will be instructed by some of the best line coaches around the nation on how to utilize better technique, better leverage, more power and more explosion in order to maximize their performance on the field.

This event is open to individual participants as well as teams. Teams can have no fewer than 5 participants and no more than 8 participants. Schools may enter more than one team if they choose. At the end of the six events, the top two teams in the point standings will face off in a head-to-head final event that will be revealed the day of the competition.

##### The competition will include 6 events:

- Bench Press
  - Medicine Ball Toss
  - Tractor Tire Flip
  - Farmer's Walk
  - Sled Push
  - Obstacle Course
- \*These events are subject to change.

##### Prizes will be awarded for the following:

- Top Individual Performer in each event
- Top Team to win the head-to-head challenge
- Top 3 Individual Performers in the Final Individual Standings

##### Event Information:

When: Sunday, June 24, 2012 from 9 AM - 4 PM

Where: Bedell Family YMCA, Spirit Lake, Iowa

Who: For high school football players entering grades 9 - 12

Cost: \$30 per participant

What's Included: A day full of intense and fun competition. Hands on instruction led by some of the best Line Coaches in the nation. Lunch. Nike LWFA Drawstring Bag.



Register at [www.levarwoodsfootball.com](http://www.levarwoodsfootball.com) | [info@levarwoodsfootball.com](mailto:info@levarwoodsfootball.com)