



**Lumberjack Bowl | Hayward, WI**  
**June 6 - 7, 2026**



## Details

### Saturday, June 6, 2026 - Advanced Youth Boom Running Workshop

- Boom Running Sessions:
  - 9am-12pm (ages 14-18)
  - 4 - 7pm (ages 12-14)

### Saturday, June 6, 2026 - Advanced Youth Log Rolling Workshop and Judges/Coaches Training

- Two Log Rolling Sessions:
  - 9am-12pm (ages U-10 and U-13)
  - 4 - 7pm (ages U-13 and U-17)
- Sunday, June 7, 2026
  - Optional 9am Unranked Log Rolling Competition for all workshop participants at no additional charge

## Workshop Breakdown

- Boom Running Workshop with Coach Alivia Poppe and Log Rolling Workshop with Coach Livi Pappadopoulos
  - Warm Ups
  - Matches, Drills & Dry Land Training
  - Snack Break
  - Individual Work & Matches
  - Final Instruction, Group Photo and PickUp
- Sunday Unranked Log Rolling Tournament
  - 9am Warm Ups
  - 9:30am Tournament Start Time

## Cost

- Sign up for morning boom run AND afternoon log rolling sessions!
- \$30/person per session
- Limited to 20 kids per log rolling session and 12 kids per boom running session
- Judges and Coaches training is FREE
- Sunday log rolling competition is free for all of those who sign up for the workshop!

## Judges and Coaches Training

### Registration is required for judges/coaches training

Join John Hallett from Oconomowoc Log Rolling for a workshop on coaching tips, judge's training, and a roundtable discussion. The session includes hands-on activities for kids with drills, games, and slow-motion videos. Hallett, with over 45 years in log rolling, emphasizes goal-setting, hard work, self-esteem, and life skills. The workshop concludes with a Sunday competition for kids to apply their newfound skills and coaches and judges to apply their new skills.

# HELLO ROLLERS & BOOMERS!

Join us for the third annual LWCF Advanced Youth Logrolling and Boom Running Workshop! This year, we will have participants ages 8-18 with varying levels of experience, all of whom share one common goal; to become better logrollers. As an added bonus we will be joined by a fitness professional to lead athletes through an intense dry land workout crafted just for log rolling.

**ATHLETES-** This workshop is for athletes who want to grow and succeed in this sport. All of the rollers on the workshop roster must have been recommended by a pro athlete or coach, or will be attending the amateur world championships this year.

**A note from your coach** - I was in your shoes not too long ago, and we are so excited to work with each of you and help you reach your highest potential. This is your opportunity to roll against new people, ask questions, learn, and improve. Don't be afraid to step outside of your comfort zone and push yourself this season. Here's to a great summer!

**Livi Pappadopoulos, Log Rolling Coach**



## Dry Land Training

Our workshop incorporates dry land training with a fitness coach, Brode Beckwith. We believe strongly in developing well rounded log rollers and giving them the tools they need to continue to improve and develop. Dry land training for log rolling involves a series of exercises and drills designed to prepare athletes for the specific balance, strength, and agility required in the sport.

