



# Winter Mentorship

DECEMBER-FEBRUARY

***Because the work you do off the field is just as important, if not more important, than what you do on the field.***

## **1-on-1 Mentorship Calls**

- **Academic Accountability**
- **Film Review & Football IQ**
  - Full Review of Last Season's Games
  - Play-by-play breakdowns
  - Identifying strengths, trends & improvement areas
- **Offensive & Defensive System Installs**
  - College-style concepts & terminology)
- **Leadership & Mindset Training**

## **Group Calls**

- **Guest Speakers:**
  - *High Level Leaders, Coaches, Mentors*
  - Gives the kids perspective, inspiration & practical tools they can apply immediately on & off the field.
- **Film Study Sessions**
  - College & NFL breakdowns
  - Position-specific learning
- **Peer Accountability & Group Discussion**
- **Academics, leadership, mindset & weekly check-ins**

## **Community Group Access**

- **GroupMe Community**
  - Updates, wins, communication, accountability and support throughout the winter



## Why CDGA?

The CDGA Mentorship Program exists because athletes need more than reps — they need guidance, accountability and someone in their corner who understands what it takes to grow on and off the field. This program blends everything I've learned as a player and college coach with the individualized support young athletes rarely get: film study, academic structure, leadership development and honest conversations that build confidence and maturity. I've seen how powerful that combination is — athletes not only improve every week on the field, but they begin to carry themselves differently in the classroom, in their preparation, and within their teams. The mentorship gives them a trusted voice, someone they can lean on, learn from and ask questions they may not feel comfortable asking elsewhere. This program means a lot to me because I get to pour into these kids the same way great mentors poured into me, and watching them grow as athletes and young men is the most rewarding part of the work I do.

## About Casey

Founded by Casey DeAndrade, former Division I coach, three-time All-American, and lifelong mentor – CDGA was built on the belief that young athletes need more than training; they need someone who genuinely invests in their growth. Casey's approach is rooted in discipline, accountability, and genuine connection, helping athletes develop confidence, character, and consistency in everything they do. With nearly a decade of college coaching experience, he's guided players through challenges on the field, in the classroom, and in their daily lives, teaching them how to prepare, how to lead, and how to handle adversity. His passion is mentorship, and his goal is simple: to give athletes the type of guidance and support he was fortunate enough to receive, and to help them become better players and, more importantly, better young men.

**Ready to join our Winter Mentorship?**



Text 508-942-0166



[cdgridironacademy@gmail.com](mailto:cdgridironacademy@gmail.com)



## ***Hear from our Fall Mentorship Parents***

“Working with Casey DeAndrade over the past six months has been transformative for my son, Charlie. When he started, Charlie was an undersized and physically immature 15-year-old preparing for a high school football season. Casey’s training not only helped him develop the strength and confidence to compete and succeed at the Varsity level—something I didn’t think was possible so soon—but also prepared him mentally for the challenges of the season. The most impactful part of Casey’s program was his in-season mentorship. One-on-one film reviews and ongoing guidance helped Charlie improve every week on the field and allowed him to contribute more to his team’s success as the season went on. More importantly, Charlie grew as a young man. Casey’s experience as a student-athlete and collegiate coach gave Charlie invaluable lessons in accountability, time management, academic focus, and leadership. He had a trusted mentor to ask questions, seek advice, and learn from. Casey also created group sessions with peers and inspiring guest speakers, which broadened Charlie’s perspective beyond football. As a parent, I feel incredibly fortunate to have found a mentor who cares about developing athletes both on and off the field. Casey’s impact on Charlie’s athletic, academic, and personal growth has been nothing short of exceptional.”

“Whether it’s the offseason defensive back drill sessions, the one-on-one mentorship calls, or the conversations about technique & strategy, Casey is a coach who makes players better on and off the field. My boys walk away from every session more prepared, more confident and more disciplined. His mentorship program has made a real lasting impact — not just on the football field, but in the classroom and in how they approach leadership. The guest speakers he brings in show the kids what high character and real accountability look like. My boys trust him. I trust him. And football needs more coaches like him — leaders who build athletes from the inside out. I couldn’t recommend him more highly.”

**Explore CDGA & Learn More**

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