



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

Advanced Offensive Skills Training Camp - Rugby

Camp Date: June 19-21, 2016

Location: Rugby High School Gym

Session 1:

9th - 12th Grade Boys

Sunday, June 196:00-9:00 pm

Monday, June 20TBA (Shooting Session)

(Day 2 is shooting session- times will be determined at the first day, based on the number of athletes attending camp. 24 or less total athletes we will have 1 shooting session from 7:00-9:00pm. If there are more than 24 total athletes in camp, we will have two shooting times 6:00-8:00 and 8:00-10:00pm. This helps to ensure we have the most productive shooting session and optimal teaching environment.)

Tuesday, June 21.....1:00-4:00 pm

Cost- \$150

Session 2:

9th - 12th Grade Girls

Monday, June 209:00 - Noon

Monday, June 20 TBA (Shooting Session)

(Session 2 is shooting session- times will be determined at the first day, based on the number of athletes attending camp. 24 or less total athletes we will have 1 shooting session from 1:30-3:30pm. If there are more than 24 total athletes in camp, we will have two shooting times 1:00-3:00 and 3:00-5:00pm. This helps to ensure we have the most productive shooting session and optimal teaching environment.)

Tuesday, June 219:00 - Noon

Cost- \$150

Each athlete receives Warwick Workouts basketball shorts & 2 t-shirts

Camp Overview:

The Warwick Workout Advanced Offensive Skills Camp is designed for players looking to enhance and expand their skill set. Coach Shane Warwick and his staff will work with players to excel in their respective positions through intense instruction. The camp has a session focused on shooting, including the shooting program and pro-shooting series. Athletes will also participate in drills, such as heat shooting, magic shooting, warrior shooting and fast-break shooting. Advanced ball handling concepts are also taught throughout the camp.

Camp Features:

- Perimeter moves currently used by college and NBA players
- Shooting instruction and development
- Footwork and shot preparation
- Creating space to score
- Advanced ball handling concepts
- Shooting and scoring drills learned in camp transfer to individual off-season development

To Register for the Rugby Advanced Offensive Skills Camp

Please go online to www.WarwickWorkouts.com

Find your camp under the **REGISTER HERE** tab.

Payment can be accepted at the time of registration.

For more information, visit our website at WarwickWorkouts.com

or contact North Dakota Director

Greg Foster at 701-208-1341

Where Champions Train!