

## Powered by Avera Sports

## 6th-8th Grade Basketball Workouts

w/ Warwick Workout Trainer Kevin Ratzsch

Location: The Barn (5237 Highway 12 E, Abdn SD)

## 6th-8th Grade - Advanced Offensive Skills Workouts

Weekly Workouts are the foundation to be coming a skilled basketball player. Athletes of all skill levels will benefit from the intensity and progression of weekly workouts. The foundational skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. The routines and drills taught during Warwick Workouts provide athletes with an easy transition to incorporate the skill development work into their individual or team workouts.

Saturday, April 11	10:00-11:30 am
Saturday, April 18	10:00-11:30 am
Saturday, April 25	10:00-11:30 am
** Saturday, May 2	No Workout
Saturday, May 9	10:00-11:30 am
Saturday, May 16	4:45-6:15 pm

Each athlete will receive a Warwick Workout T-shirt.

**Cost:** \$119 Payment is collect online at time of registration.

## Register online at

www.warwickworkouts.com

Find your session under the register for workouts tab

Contact Kevin Ratzsch with questions about weekly workouts in Aberdeen

Email: kevin.warwickworkouts@gmail.com

WHERE CHAMPIONS TRAIN.