



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

Post Workouts

w/ Warwick Workout Trainer Kevin Ratzsch

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

7th-12th Grade Post Workouts

Post workouts focus on low post moves, shooting technique, attacking players from the high post, offensive and defensive footwork and much more.

Tuesday, April 14	7:15-8:15
Tuesday, April 21	7:15-8:15
Tuesday, April 28	7:15-8:15
Tuesday, May 5	7:15-8:15
Tuesday, May 12	7:15-8:15

Each athlete will receive a Warwick Workout T-shirt.

Cost: \$75 *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.