



Warwick Workouts
Advanced Offensive Player Development Camps and Clinics

Powered by **Avera**
Sports

Girls Fundamental Friday

Camp Date: June 9th – July 28th

Location: Avera Sports Center

209 W Anchor Lane, Sioux Falls SD

Session 1: 7th – 8th Grade Girls

Fridays: 8:00 – 10:00 am

June: 9th, 16th, 23rd, 30th

July: 14th, 21st, 28th

Athlete will receive a Warwick Workouts

T-shirt & shorts

Cost: \$195

Session 2: 5th – 6th Grade Girls

Fridays: 10:00 am – noon

June: 9th, 16th, 23rd, 30th

July: 14th, 21st, 28th

Athlete will receive a Warwick Workouts

T-shirt & shorts

Cost: \$195

Overview

Warwick Workouts Fundamental Friday is designed for girls who want to improve all aspects of their game through a series of Friday workouts. Each two hour session will be targeted to improve ball handling skills, shooting skills, understanding transition (offense and defense), rebounding and defensive concepts, and improve their overall understanding of the game.

Workout Features

- Ball Handling
- Shooting Drills
- Finishing Drills
- Transition Drills
- Rebounding
- Screen & Roll
- Game-like Situations
- Live Competition

**Space is limited
Register today!**

To Register for the Girls Fundamental Fridays:

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 contact

Connor (507) 459-5930 or warwickworkouts@gmail.com

The Ultimate Camp Experience



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