



Warwick Workouts
Advanced Offensive Player Development Camps and Clinics

Powered by **Avera**
Sports

Girls Competition Workouts – Sioux Falls

Camp Dates: Oct. 28th, Nov. 10th, Dec. 30th

Location: Avera Sports Center

209 W Anchor Lane, Sioux Falls

Workout Description:

Warwick Workouts Girls Competition Workouts are designed to challenge and push female athletes in all aspects of the game with extra emphasis on competing. Each of the 3 sessions will focus on individual skill development, but a specific emphasis will be placed on a workout each week. Sign up for 1 or all 3!

- Beating Defender 1 on 1 (Oct. 28th)
- Transition decision making (Nov. 10th)
- Read and react pick n' roll (Dec. 30th)

Throughout the three sessions, communication, hard work, and competitiveness will be essential.

Elementary Girls (3rd-5th Grade)

Sat., Oct 28th	1:00pm-2:15pm
Fri., Nov. 10th	4:00pm-5:15pm
Sat., Dec. 30th	9:00am-10:15am

Junior High Girls (6th-8th Grade)

Sat., Oct 28th	2:30pm-4:00pm
Fri., Nov. 10th	5:30pm-7:00pm
Sat., Dec. 30th	10:30am-12:00pm

Cost:
1 Session - \$35
2 Sessions - \$55
3 Sessions - \$65

*** Register for individual sessions, or attend all 3 at a package rate!**

All athletes will receive a t-shirt at their first workout session.

To Register for the Girls Competition Workouts

Visit our website at www.WarwickWorkouts.com

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

Payment can be accepted at the time of registration.

For more information on this camp contact
Tessa Wells (651) 587-1669 or Tessa.wells@avera.org

The Ultimate Camp Experience



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