



**Warwick Workouts**  
Advanced Offensive Player Development Camps and Clinics

*Powered by Avera Sports*

## Post / Big Man Skills Academy

**Camp Date: November 1<sup>st</sup>**

**Location: Avera Sports Center – 209 W Anchor Lane, Sioux Falls, SD 57108**

### Boys/Girls 8<sup>th</sup>-12<sup>th</sup> Grade

**Cost: \$115**

**Schedule:**

8:00-8:30	Registration
8:30-11:30	Workout Session 1
11:30-12:00	Lunch (provided on site)
12:00-12:30	Classroom and Video Teaching
12:30-3:00.	Workout Session 2



### Academy Overview:

The Warwick Workout Post Player/Big Man Academy is for players who want to become a dominant presence on the offensive and defensive ends of the court. This basketball camp teaches players how to finish powerfully in the paint, to control play in the interior, and to be a threat when facing up away from the basket. Our training will have participants learn how to capitalize on and defend against mismatches, rebound effectively, and get to the free throw line consistently.

### Academy Features:

- Low Post moves and shooting techniques
- Attacking players from the high post
- Offensive and defensive footwork
- Mental approach to post play
- Shot blocking techniques
- Passing and creating out of the post
- Proper post defense
- Offensive and defensive rebounding skills

### Each Camper Receives:

- Warwick Workout basketball shorts
- 2 Warwick Workout T-shirt

**Camp directed by Shane Warwick.**

**For more information, visit our website at [WarwickWorkouts.com](http://WarwickWorkouts.com),  
or contact us at 605-391-6653 or [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)**

***Where champions train.***



# Camp Coaches:

## John Jungers

Coach Jungers has division I playing experience and coaching experience at all levels including internationally and NBA. His abilities on the court as a coach and player development specialist have helped 50+ athletes sign Division I scholarships, 9 All-Americans, 14 Academic All-Conference honorees, 34 All Region and All-Conference honorees, and 8 players to sign professional contracts.

## Eric Jorgensen

Coach Jorgensen attended Sioux City East High School, where he was a two time all state player in Class 4A, Iowa's big school class. He graduated East High as the all time leader in rebounding and 5th in scoring in school history. He was also an Iowa Mr. Basketball finalist, and was ranked as the 66th center in the nation by ESPN before his senior season. At Augustana College, his team made it to 3 national tournaments, including 2 sweet sixteen appearances. He brings knowledge and passion to the game of basketball and a presence in the post for Warwick Workouts.

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### *Post / Big Man Academy*

***To register, please send registration and full camp payment to*** 

Avera Sports Center  
209 W Anchor Lane  
Sioux Falls, SD 57108

***Please make checks payable to: Avera Sports***

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**Name of athlete** \_\_\_\_\_ **Grade** \_\_\_\_\_

Post / Big Man Academy \$ 115

**Parent name** \_\_\_\_\_

**Contact number** \_\_\_\_\_

**Email address** \_\_\_\_\_

Post / Big Man Academy  
8th - 12th Grade Boys/Girls  
Camp Date: November 1

### ***Camp Waiver and Medical Insurance Information***

All camp athletes must have a family medical insurance policy. This information must be provided on this registration form. I/we hereby request that you accept the application of \_\_\_\_\_ (athlete) in the Warwick Workouts Basketball Camp during the dates set forth in this application and in consideration of your acceptance, I/we hereby release Avera, all camp coaches, any camp sponsors and all their employees and agents from claims on account of any injuries which may be sustained by my/our child while attending the camp, and my/our claims hereafter may be presented by my/our child as a result of any such injuries. I/we also certify that he/she is medically fit to participate in this camp. If an emergency arises, I/we release my/our child to receive emergency medical treatment and authorize releasing any information needed to file a medical insurance claim. Warwick Workouts Basketball Camp, coaches and sponsors are not responsible for lost or stolen items.

\_\_\_\_\_  
Medical insurance company and policy number

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date