



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

Powered by **Avera Sports**

## Post Skills Camp

**Camp Date: July 24-26**

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

<b>Session 1: 5<sup>th</sup>-8<sup>th</sup> Boys and Girls</b>  July 24 <sup>th</sup> 1-4 p.m. Cost: \$65	<b>Session 2: High School Girls</b>  July 25 <sup>th</sup> 1-4 p.m. Cost: \$65	<b>Session 3: High School Boys</b>  July 26 <sup>th</sup> 1-4 p.m. Cost: \$65
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*Camp is conducted by former Pro Trainer and Scout - John Jungers from Omaha, NE*

### Camp Overview:

The Warwick Workout Post Player/Big Man Skills 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
- Stretch the Floor

*Each Camper will receive a Warwick Workouts T-shirt with Camp*

### **To Register for the Post Skills Camp:**

Please go online to [www.WarwickWorkouts.com](http://www.WarwickWorkouts.com)

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

*Payment can be accepted at the time of registration.*

For more information, visit our website at [WarwickWorkouts.com](http://WarwickWorkouts.com), or contact Kris at 605-391-6700 or [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)

**Where Champions Train!**