



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

Powered by **Avera Sports**

# Pre-Season Skills Workouts

*Location: Avera Sports Center (209 W Anchor Lane)*

## **Session 1:**

5<sup>th</sup>-8<sup>th</sup> Grade Boys/ Girls

Time: 5:30-6:45 p.m.

**Cost: \$125**

*w/ Warwick Workouts t-shirt & non-pocketed shorts*

## **Session 2:**

9<sup>th</sup>-12<sup>th</sup> Grade Boys/ Girls

Time: 7:00-8:15 p.m.

**Cost: \$125**

*w/ Warwick Workouts t-shirt & non-pocketed shorts*

## **Workout dates:**

Mon., Oct. 30<sup>th</sup>

Wed., Nov. 1<sup>st</sup>

Mon., Nov. 6<sup>th</sup>

Wed., Nov. 8<sup>th</sup>

Mon., Nov. 13<sup>th</sup>

Wed., Nov. 15<sup>th</sup>

## ***Workout Overview***

Warwick Workouts preseason workouts are designed for players looking to enhance and expand their skill set for the upcoming season. The workouts will include:

- Shooting technique,
- Footwork, shooting off the dribble,
- Creating your own shot
- Coming off screens
- Finishing at the rim
- Transition Drills
- Defensive Footwork

Get ready for your  
upcoming season!!!

## **To Register for the Pre Season Skills Workouts**

Visit our website at [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 us at  
605-391-6700 or [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)

## **The Ultimate Camp Experience**



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