

4th-7th Grade Boys/Girls Shooting & Scoring Workout Open Session

Location: STM High School Gym

Cost: \$100 Online payment can be made at time of registration.

Athletes will receive Warwick Workout t-shirt

This workout will focus on shooting footwork, shooting off the move, creating your own shot, reading screens and coming off screens as well as all other aspects of shooting. These workouts will assist athletes to become a more effective shooter and scorer.

Saturday, September 12th	12:30-1:30 pm
Saturday, September 19th	12:30-1:30 pm
Saturday, September 26th	12:30-1:30 pm
Saturday, October 3rd	12:30-1:30 pm
Saturday, October 10 th	12:30-1:30 pm
Saturday, October 17 th	12:30-1:30 pm

Register online at <u>www.warwickworkouts.com</u> Find your session under the register HERE tab

Contact Kris Warwick or Cody Schilling with questions about workouts Email: warwickworkouts@gmail.com

Cell: (605) 391-6700 Kris or (712)461-2316 Cody

WHERE CHAMPIONS TRAIN.