



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

*Powered by Avera Sports*

## 5<sup>th</sup>-8<sup>th</sup> Grade Boys/Girls 30/30/30 Competition Workout

**Location:** St. Thomas More High School Gym

**Cost:** \$165 *Payment is collected online at time registration.*

### **Athletes will receive a Warwick Workout Shorts & T-shirt**

The 30-30-30 workout is a competitive workout that focuses on skill development work needed to be a great ball handler, shooter, and scorer, drills that incorporate those skills and competitive play situations at the end of the workout to apply what was taught in live 1-1 and 2-2 situations.

Sunday, September 13 <sup>th</sup>	2:45-4:15 pm
Sunday, September 20 <sup>th</sup>	2:45-4:15 pm
Sunday, September 27 <sup>th</sup>	2:45-4:15 pm
Sunday, October 4 <sup>th</sup>	2:45-4:15 pm
Sunday, October 11 <sup>th</sup>	2:45-4:15 pm
Sunday, October 18 <sup>th</sup>	2:45-4:15 pm

**Register online at [www.warwickworkouts.com](http://www.warwickworkouts.com)**

**Find your session under the register HERE tab**

Contact Kris Warwick or Cody Schilling with questions about workouts

Email: [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)

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

## **WHERE CHAMPIONS TRAIN.**