

7th-12th Grade Boys Advanced Offensive Skills Workout STM Boys only

Location: STM High School Gym

Cost: \$165 Online payment can be made at time of registration.

Athletes will receive Warwick Workout shorts & t-shirt

Weekly Workouts are the foundation to be coming a skilled basketball player. Athletes of all skill levels will benefit from the intensity and progression of weekly workouts. The foundational skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. The routines and drills taught during Warwick Workouts provide athletes with an easy transition to incorporate the skill development work into their individual or team workouts.

Sunday, September 13th	6:30-8:00pm
Sunday, September 20th	6:30-8:00 pm
Sunday, September 27 th	6:30-8:00 pm
Sunday, October 4th	6:30-8:00 pm
Sunday, October 11 th	6:30-8:00 pm
Sunday, October 18th	6:30-8:00 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.