

7th-12th Grade Boys Shooting & Scoring Workout STM Athletes Only

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. Athletes will be taught and participate in Heat Shooting, Magic Shooting, Warrior Shooting, Fast Break Shooting, and Pre-practice shooting during this series of Shooting & Scoring Workouts. These workouts will assist athletes to become a more effective shooter and scorer.

| Saturday, September 12th | 11:15-12:15 pm |
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| Saturday, September 19th | 11:15-12:15 pm |
| Saturday, September 26th | 11:15-12:15 pm |
| Saturday, October 3 rd | 11:15-12:15 pm |
| Saturday, October 10 th | 11:15-12:15 pm |
| Saturday, October 17th | 11:15-12:15 pm |
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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.