



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

8th – 12th Grade Boys/Girls Basketball Skills Workout

Location: Rugby High School Gym

Cost: \$139 *Please make checks payable to [Avera Sports Center](#)*

Athletes will receive a Warwick Workout Hoodie and T-shirt

Weekly Workouts are the foundation to becoming 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 28 th	4:00-5:30
Sunday, October 5 th	4:00-5:30
Sunday, October 12 th	4:00-5:30
Sunday, October 19 th	4:00-5:30
Sunday, October 26 th	4:00-5:30

Register online at

www.warwickworkouts.com

Find your session under the register fall workouts tab

Contact Greg Foster with questions about weekly workouts in Rugby.

Email: gregfoster.fbi@gmail.com

WHERE CHAMPIONS TRAIN.