



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

8th-12th Grade Boys/Girls Advanced Offensive Skills & Shooting & Scoring Workout

Location: Rugby High School Gym (Rugby, ND)

Cost: \$135

Payment is collected online at the time of registration or can be made at the first workout.

Athletes will receive a Warwick Workout T-shirt & Shorts or a Hoodie

Weekly Workouts are the foundation to becoming a skilled basketball player. The advanced offensive skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. We will also incorporate shooting and scoring drills each week focused on shooting footwork, shooting off the move, creating your own shot, reading screens, and coming off screens. These drills will assist athletes to become a more effective shooter and scorer.

Sunday, September 13 th	6:30-8:00 pm
Sunday, September 20 th	6:30-8:00 pm
Sunday, September 27 th	6:30-8:00 pm
Sunday, October 4 th	OFF – NO WORKOUT
Sunday, October 11 th	6:30-8:00 pm
Sunday, October 18 th	6:30-8:00 pm

Register online at www.warwickworkouts.com

Find your session under the register HERE tab

Contact Greg Foster with questions about workouts

Email: gregfoster.fbi@gmail.com

701-208-1341

WHERE CHAMPIONS TRAIN.