



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

*Powered by Avera Sports*

## **1<sup>st</sup> - 12<sup>th</sup> Grade Boys/Girls Offensive Skills Workout**

**Location: Rugby High School Gym (Rugby, ND)**

**Dates – September 11, 18, 25, October 2, 9, & 16**

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.

**Session I – Grades 1 – 4 – 3:30 to 4:30 pm**

**Cost - \$125 (Athletes will receive a Warwick Workout Hoodie & Basketball)**

**Session II – Grades 5-8 – 4:45 to 6:00 pm**

**Cost - \$135 (Athletes will receive a Warwick Workout Hoodie)**

**Session III – Grades 7-12 – 6:30 to 8:00 pm**

**Cost - \$145 (Athletes will receive a Warwick Workout Hoodie)**

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

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

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

Contact Greg Foster with questions about workouts

Email: [gregfoster.fbi@gmail.com](mailto:gregfoster.fbi@gmail.com)

701-208-1341

**WHERE CHAMPIONS TRAIN.**