



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

3rd - 12th Grade Boys/Girls Offensive Skills Workout

Location: Rugby High School Gym (Rugby, ND)

Dates – September 17, 24, October 1, 8, & 15

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 3-6 – 2:00 to 3:15 pm

Cost - \$85

(Athletes will receive a Warwick Workout Hoodie OR t-shirt & non-pocket shorts)

Session II – Grades 7-12 – 3:30 to 5:00 pm

Cost - \$95

(Athletes will receive a Warwick Workout Hoodie OR t-shirt & non-pocket shorts)

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

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.