

3rd-5th Grade Boys/Girls Competition Workout

Location: Avera Sports Center (85th & Minnesota)

Cost: \$165 Payment is collected online at time registration.

Athletes will receive a Warwick Workout Shorts & T-shirt

30-30-30 is a competitive workout that focuses on skill development work needed to be a great ball handler, shooter, and scorer, drills that incorporate those skills and competitive play situations at the end of the workout to apply what was taught in live 1-1 and 2-2 situations.

Sunday, April 12 th	2:15-3:45
Sunday, April 19th	2:15-3:45
Sunday, April 26 th	2:15-3:45
Sunday, May 3rd	2:15-3:45
Sunday, May 10 th	2:15-3:45
Sunday, May 17 th	2:15-3:45

Register online at

www.warwickworkouts.com

Find your session under the register for workouts tab

Contact Kris Warwick or Cody Schilling with questions about workouts Email: warwickworkouts@gmail.com

Cell: 391-6700 (Kris) or (712)461-2316 (Cody)

WHERE CHAMPIONS TRAIN.