



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

3rd-5th Grade Boys/Girls 30/30/30 Competition Workout- Fall 2014

Location: Avera Sports Center (85th & Minnesota)

Cost: \$125 Please make checks payable to **Avera Sports Center**
Payment is collected on the first day of workouts.

Athletes will receive a Warwick Workout Hoodie

30-30-30 is a competitive workout that focuses on 30 minutes of skill development work needed to be a great ball handler, shooter, and scorer, 30 minutes of drills that incorporate those skills and 30 minutes of competitive play situations.

Monday, October 27 th	4:30-6:00
Monday, November 3 rd	4:30-6:00
Monday, November 10 th	4:30-6:00
Monday, November 17 th	4:30-6:00

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.