



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

## 4<sup>th</sup>-6<sup>th</sup> Grade Boys/Girls 30/30/30 Competition Workout

**Location:** Avera Sports Center (85<sup>th</sup> & Minnesota)

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

### **Athletes will receive a Warwick Workout Shorts & T-shirt**

The 30-30-30 workout 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.

Tuesday, September 15 <sup>th</sup>	5:15-6:45 pm
Tuesday, September 22 <sup>nd</sup>	5:15-6:45 pm
Tuesday, September 29 <sup>th</sup>	5:15-6:45 pm
Tuesday, October 6 <sup>th</sup>	5:15-6:45 pm
Tuesday, October 13 <sup>th</sup>	5:15-6:45 pm
Tuesday, October 20 <sup>th</sup>	5:15-6:45 pm

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

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

Contact Kris Warwick or Garrett Callahan with questions about workouts  
Email: [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)

Cell: 391-6700 (Kris) or (815) 545-9634 (Garrett)

## **WHERE CHAMPIONS TRAIN.**