

5th-8th Grade Boys/Girls **Shooting Skills & Drills Workout**

Form, Footwork & Follow-through

Location: Avera Sports Center (85th & Minnesota)

Cost: \$159 Please pay online at time of registration.

Athletes will receive Warwick Workout T-shirt & Custom Elite Hype Socks

The Warwick Workout Shooting Skills and Drills Workout is designed for players wanting to focus on art of shooting. This workout focuses on all aspects of shooting including form, footwork and follow through. The workout will incorporate multiple shooting drills designed to practice and focus on shooting and using proper shooting mechanics.

6:00-7:30 pm
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Register online at <u>www.warwickworkouts.com</u>

Find your session under the register HERE tab

Contact Kris Warwick or Garrett Callahan with questions about workouts Email: warwickworkouts@gmail.com

Cell: (605) 391-6700 Kris or (815) 545-9634 Garrett

WHERE CHAMPIONS TRAIN.