



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

*Powered by Avera Sports*

## 6<sup>th</sup>-8<sup>th</sup> Grade Boys/Girls 30-30-30 Competitive Workout

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

**Cost:** \$165 Please make checks payable to **Avera Sports Center**  
Payment is collected on the first day of workouts.

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

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

Thursday, September 11 <sup>th</sup>	6:45-8:15
Thursday, September 18 <sup>th</sup>	6:45-8:15
Thursday, September 25 <sup>th</sup>	6:45-8:15
Thursday, October 2 <sup>nd</sup>	6:45-8:15
Thursday, October 9 <sup>th</sup>	6:45-8:15
Thursday, October 16 <sup>th</sup>	6:45-8:15

**Register online at**

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

**Find your session under the register for workouts tab**

Contact Kris Warwick with questions about weekly workouts

Email: [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)

Cell: 391-6700 (Kris)

**WHERE CHAMPIONS TRAIN.**