

6th-8th Grade Boys/Girls COMBO WORKOUT

Advanced Offensive Skills and Shooting & Scoring Workout

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

Weekly Workouts are the foundation to be coming a skilled basketball player. The advanced offensive skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. We will also incorporate shooting and scoring drills each week focused on shooting footwork, shooting off the move, creating your own shot, reading screens and coming off screens. These drills will assist athletes to become a more effective shooter and scorer.

Sunday, January 10th
Sunday, January 17th
Sunday, January 24th
Sunday, January 31th
Sunday, February 7th
Sunday, February 14th
Sunday, February 21st
4:00-5:30 pm
No Workouts Scheduled
4:00-5:30 pm
Sunday, February 21st
4:00-5:30 pm

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.