



# 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 Competition Workout

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

**Cost:** \$150 *Payment is collected online at the time of registration.*

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

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, Sept. 13 <sup>th</sup>	6:45-8:15
Tuesday, Sept. 20 <sup>th</sup>	6:45-8:15
Tuesday, Sept. 27 <sup>th</sup>	6:45-8:15
Tuesday, Oct. 4 <sup>th</sup>	6:45-8:15
Tuesday, Oct. 11 <sup>th</sup>	6:45-8:15
Tuesday, Oct. 18 <sup>th</sup>	6:45-8:15

**Register online at**

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

**Find your session under the Register Here tab**

Contact Kris Warwick or Cody Schilling with questions about workouts

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

Cell: (605) 391-6700 Kris or (712)461-2316 Cody

**WHERE CHAMPIONS TRAIN.**