



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

6th-8th Grade Boys/Girls 30/30/30 Competition Workout

Location: Avera Sports Center (85th & Minnesota)

Cost: \$165 *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, September 15 th	7:00-8:30 pm
Tuesday, September 22 nd	7:00-8:30 pm
Tuesday, September 29 th	7:00-8:30 pm
Tuesday, October 6 th	7:00-8:30 pm
Tuesday, October 13 th	7:00-8:30 pm
Tuesday, October 20 th	7:00-8:30 pm

Register online at 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

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

WHERE CHAMPIONS TRAIN.