

7th-12th Grade Boys/Girls Shooting & Scoring Workouts

Location: Avera Sports Center (85th & Minnesota)

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

Athletes will receive a Warwick Workout T-shirt & Shorts

The 6th-8th Shooting Workout is an intense 90 minute shooting workout. Multiple shooting drills will be used each week to simulate game shots, from game spots, at game speed.

Thursday, Sept. 15 th	6:45-8:15 pm
Thursday, Sept. 22 nd	6:45-8:15 pm
Thursday, Sept. 29 th	6:45-8:15 pm
Thursday, Oct. 6 th	6:45-8:15 pm
Thursday, Oct. 13 th	6:45-8:15 pm
Thursday, Oct. 20th	6:45-8:15 pm

Register online at

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

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

WHERE CHAMPIONS TRAIN.