



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

## 8<sup>th</sup>-12<sup>th</sup> Grade Boys/Girls Post Workouts

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

**Cost:** \$85 *Payment is collected online at time of registration.*

**Athletes will receive a Warwick Workout T-shirt.**

Post workouts focus on low post moves, shooting technique, attacking players from the high post, offensive and defensive footwork and much more.

Sunday, September 20 <sup>th</sup>	7:30-8:30 pm
Sunday, September 27 <sup>th</sup>	7:30-8:30 pm
Sunday, October 4 <sup>th</sup>	7:30-8:30 pm
Sunday, October 11 <sup>th</sup>	7:30-8:30 pm
Sunday, October 18 <sup>th</sup>	OFF – No Workout
Sunday, October 25 <sup>th</sup>	7:30-8:30 pm

*Numbers are limited to a maximum of 12 athletes.*

**Register online at**

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

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

Contact Kris Warwick or Garrett Callahan with questions about workouts

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

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

**WHERE CHAMPIONS TRAIN.**