

8th-12th Grade Boys/Girls Advanced Offensive Basketball Skills Workout

Location: Avera Sports Center (85th & Minnesota)

Cost: \$115 Please make checks payable to <u>Avera Sports Center</u>
Payment is collected on the first day of workouts.

Athletes will receive a Warwick Workout Hoodie

Weekly Workouts are the foundation to be coming a skilled basketball player. Athletes of all skill levels will benefit from the intensity and progression of weekly workouts. The foundational skills needed to be a great ball handler, shooter, and scorer are taught and built upon each week. The routines and drills taught during Warwick Workouts provide athletes with an easy transition to incorporate the skill development work into their individual or team workouts.

Sunday, November 2 nd	4:30-6:00
Sunday, November 9th	4:30-6:00
Sunday, November 16th	4:30-6:00
Sunday, November 23 rd	4:30-6:00

Register online at

www.warwickworkouts.com

Find your session under the register for workouts tab

Contact Kris Warwick or Cody Schilling with questions about workouts Email: warwickworkouts@gmail.com

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

WHERE CHAMPIONS TRAIN.