

Skill Workout & Competitive Games

Location: Avera Sports Center (85th & Minnesota)

Payment is collected at time of registration

2nd-4th grade Boys

Wednesdays 2/24, 3/2, 3/9, 3/16, 3/23 5:00-6:00pm Cost: \$75

2nd-4th grade Girls

Wednesdays 2/24, 3/2, 3/9, 3/16, 3/23 6:15-7:15pm Cost: \$75

5th-8th grade Boys

Mondays 2/22, 2/29, 3/7, 3/14, 3/21 6:00-7:15pm Cost: \$95

5th-8th grade Girls

Mondays 2/22, 2/29, 3/7, 3/14, 3/21 7:30-8:45 Cost: \$95

Overview

- 30-45 minutes of skill work
 - Ball handling
 - Finishing at the rim
 - Shooting drills
- 30-45 minutes of competitive games
 - o 2 on 2
 - o 3 on 3
 - 5 on 5 etc.

Games will be supervised. Warwick Workout staff will organize the pick-up games, help with the selection of the teams and encourage good team play.

Athletes will receive Warwick Workouts -Custom Hype Socks

Register online at <u>www.warwickworkouts.com</u>
Find your session under the register HERE tab

For More Information Contact Kris at 605-391-6700 or Garrett at 815-545-9634 warwickworkouts@gmail.com



