



**Warwick Workouts**  
Advanced Offensive Player Development Camps and Clinics

*Powered by Avera Sports*

# Sioux City West Basketball Clinic

## Pre-Season Training Clinic

**Camp Date: November 8-9**

**Location: West High School**

### *Session 1: 8<sup>th</sup>-12<sup>th</sup> Grade West Boys & Girls Only*

Saturday, November 8<sup>th</sup> ..... 1:00-4:00pm

Sunday, November 9<sup>th</sup> ..... 5:00-8:00pm

**Cost: \$99**



### **Camp Overview:**

The Warwick Workout Advanced Offensive Skills Camp is designed for players looking to enhance and expand their skill set. Coach Shane Warwick and his staff will work with players to excel in their respective positions through intense instruction. The camp has a session focused on shooting, including the shooting program and drills, such as heat shooting, magic shooting, warrior shooting and fast-break shooting. Advanced ball handling concepts are also taught throughout the camp.

### **Camp Features:**

- Post and perimeter moves currently used by college and NBA players
- Shooting instruction and development
- Footwork and shot preparation
- Creating space to score
- Advanced ball handling concepts
- Face-up and drop-step power moves
- Pre-practice routine

**Each athlete receives Warwick Workout T-shirt & Shorts**

**Camp directed by Shane Warwick.**

**For more information, visit our website at [WarwickWorkouts.com](http://WarwickWorkouts.com), or contact us at 605-391-6653 or [warwickworkouts@gmail.com](mailto:warwickworkouts@gmail.com)**

***Where champions train.***



Like us on Facebook!



@warwickworkouts

## Shane Warwick - Program Director

Coach Warwick has spent the past 10 years focusing on player development with an emphasis on advanced offensive skills through camps and clinics with Warwick Workouts. Shane works with elementary, middle and high school athletes throughout the U.S. and overseas. He has also worked with college programs, and individual collegiate and professional athletes. He is regarded as the best personal workout instructor in the nation by *Reggie Brown of Priority Sports* in Chicago, Ill.

## Cody Schilling: Trainer

Coach Schilling graduated high school as Minnesota's all-time leading scorer and assist leader as well as a back-to-back state champion in Class A. At the collegiate level, Cody finished as the leading scorer at Augustana College, Sioux Falls, S.D., and was a three-time NSIC All-Conference selection and was twice named to the North Central All Region Team. Cody teaches the game of basketball much like he played—full of enthusiasm and passion.



**For questions about the clinic contact:**

Coco Cofield  
[Harviscofield@hotmail.com](mailto:Harviscofield@hotmail.com)  
(404) 641-8491

## Registration Form

**To register, please send registration  
and full camp payment to** 

Coco Cofield  
2001 Cassleman St  
Sioux City, IA 51103

**Please make checks payable to: Avera Sports Center**

**Name of athlete** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Session 1 (8<sup>th</sup>-12<sup>th</sup> Grade - West Boys & Girls) \$99**

**Parent name** \_\_\_\_\_

**Contact number** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Basketball Clinic – West Only**  
**8<sup>th</sup>-12<sup>th</sup> Grade Boys & Girls**  
**November 8-9**

## Camp Waiver and Medical Insurance Information

All camp athletes must have a family medical insurance policy. This information must be provided on this registration form. I/we hereby request that you accept the application of \_\_\_\_\_ (athlete) in the Warwick Workouts Basketball Camp during the dates set forth in this application and in consideration of your acceptance, I/we hereby release Avera, all camp coaches, any camp sponsors and all their employees and agents from claims on account of any injuries which may be sustained by my/our child while attending the camp, and my/our claims hereafter may be presented by my/our child as a result of any such injuries. I/we also certify that he/she is medically fit to participate in this camp. If an emergency arises, I/we release my/our child to receive emergency medical treatment and authorize releasing any information needed to file a medical insurance claim. Warwick Workouts Basketball Camp, coaches and sponsors are not responsible for lost or stolen items.

Medical insurance company and policy number

Parent signature

Date