



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

Winter Competitive Workouts

Location – Rugby HS Gym - Rugby, ND

Dates – Jan. 3, 17, 31, Feb. 14 & 28

Session II - Grades 3-4 – 2:15 pm – 3:30 pm – Cost - \$115

Session III - Grades 5-6 – 3:45 pm – 5:00 pm – Cost - \$115

These sessions will have competitive situations (1 on 1, 2 on 2, & 3 on 3 live play) to apply to skill work we do during our workouts.

Athletes will receive a Warwick Workouts Long T-shirt.

**To register for the Winter Weekly Workouts please register @
<http://www.warwickworkouts.com/camps.html>**

Weekly Workouts are the foundation to becoming 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 sessions provide athletes with an easy transition to incorporate the skill development into their own individual workouts.

Contact Greg Foster with questions about Weekly Workouts –

Call - 701-208-1341 or Email – gregfoster.fbi@gmail.com

**Payment can be made on-line at the time of registration OR it can be collected
on the first day of workouts.**

Please make checks payable to AVERA SPORTS CENTER

WHERE CHAMPIONS TRAIN.