



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

Winter Workouts

Location – Rugby HS Gym - Rugby, ND

Dates – Jan. 3, 17, 31, Feb. 14 & 28

Session I - Grades K-2 – 1:00 pm – 2:00 pm - Cost - \$100

The focus of the group workout will be on skill development.

Athletes will receive a Warwick Workouts Long T-shirt and a basketball.

**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.