



# Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

## Advanced Offensive Skills Training Camp - Rugby

**Camp Date: June 20-21, 2016**

**Location: Rugby High School Gym**

*9th - 12th Grade Boys & Girls*

**Monday, June 20 ..... 12:30 – 3:30 pm**

*Shooting Sessions*

**Monday, June 20 ..... 5:00 – 7:00 pm - Shooting Session Group 1**

**Tuesday, June 21 ..... 3:00 – 5:00 pm - Shooting Session Group 2**

*(Shooting session- times will be determined at the first day, based on athletes availability)*

**Tuesday, June 21 ..... 6:00 – 9:00 pm**

**Cost- \$150**

*Each athlete receives Warwick Workouts basketball shorts & 2 t-shirts*

### 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 pro-shooting series. Athletes will also participate in 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:

- 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
- Shooting and scoring drills learned in camp transfer to individual off-season development

### **To Register for the Rugby Advanced Offensive Skills Camp**

Please go online to [www.WarwickWorkouts.com](http://www.WarwickWorkouts.com)

Find your camp under the **REGISTER HERE** tab.

*Payment can be accepted at the time of registration.*

**For more information, visit our website at [WarwickWorkouts.com](http://WarwickWorkouts.com)  
or contact North Dakota Director  
Greg Foster at 701-208-1341  
Where Champions Train!**