



Warwick Workouts

Advanced Offensive Player Development Camps and Clinics

Powered by Avera Sports

3rd-5th Grade Boys/Girls 30/30/30 Competition Workout

Location: St. Thomas More High School Gym

Cost: \$165 *Payment is collected online at time registration.*

Athletes will receive a Warwick Workout Shorts & T-shirt

The 30-30-30 workout is a competitive workout that focuses on skill development work needed to be a great ball handler, shooter, and scorer, drills that incorporate those skills and competitive play situations at the end of the workout to apply what was taught in live 1-1 and 2-2 situations.

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| Sunday, September 13 th | 1:00-2:30 pm |
| Sunday, September 20 th | 1:00-2:30 pm |
| Sunday, September 27 th | 1:00-2:30 pm |
| Sunday, October 4 th | 1:00-2:30 pm |
| Sunday, October 11 th | 1:00-2:30 pm |
| Sunday, October 18 th | 1:00-2:30 pm |

Register online at www.warwickworkouts.com

Find your session under the register HERE tab

Contact Kris Warwick or Cody Schilling with questions about workouts

Email: warwickworkouts@gmail.com

Cell: 391-6700 (Kris) or (712) 461-2316 (Cody)

WHERE CHAMPIONS TRAIN.