

## **Pioneer Elite High Intensity Workouts**

The game of basketball is a game of skills. It requires players to develop an <u>all\_around</u> game demanding ball-handling skills, shooting ability, and footwork and Pioneer Elite Workouts have been designed to challenge each player to take their game to the NEXT LEVEL. You can select individual <u>workouts</u>, or attend all!

## Fall Workout Information (all workouts at Kirkwood High School)

Sunday September 11, 18, 25, October 2, 16, 23

Grade 4 - 8 (boys or girls) 6:00 PM - 7:30 PM

1 workout 15.00, 6 workouts 60.00

Students Name	E-Mail	
GradeSchoo	l	
Phone Number	Amount Paid \$	
Please Mail Payment to: Pioneer Elite Basketball (att. Coach Gunn)		
1026 Haversham Pl		

Des Peres, MO 63131

Contact us at <a href="mailto:pioneerelitehoops@gmail.com">pioneerelitehoops@gmail.com</a>

Workouts hosted by Coach Gunn, Estes, Erickson, Decker, Dowden, Strubhar

\* Kirkwood staff will NOT work with 8th grade athletes.