

# CHAMPLIN PARK REBELS

## Boy's Basketball Summer Workouts

**Drill for Skill Workouts:** This time will not be used for “open gym”. These workouts will be organized, intense and involve various drills, working on skills (passing, shooting, dribbling), post moves, guard moves, and shooting drills.

*Champlin Park High School student-athletes only (9-12 grade).*

If you want to get better in the off season, come to these workouts ready to work hard!

### WORKOUTS (6 – 7:30P)

June 19, 20 (Thursday/Friday)

June 26, 27 (Thursday/Friday)

July 9, 10 (Wed/Thurs)

July 16, 17 (Wed/Thurs)

July 23, 24 (Wed/Thurs)

July 30, 31 (Wed/Thurs)

Questions: Contact Coach Mark Tuchscherer (c) 612-327-2283 or email at [mark.tuchscherer@anoka.k12.mn.us](mailto:mark.tuchscherer@anoka.k12.mn.us)