



Pioneer Elite High Intensity Workouts

The game of basketball is a game of skills. It requires players to develop an all around game demanding ball handling skills, shooting ability, good footwork and the ability to enhance your athletic ability. Pioneer Elite Workouts have been designed to challenge each player in every workout so that you can take your game to the NEXT LEVEL.

Working closely with the Kirkwood basketball staff in small student groups, you can learn the fundamentals and skills that are being taught to the Kirkwood Pioneers! You can select individual workouts, or attend all!

Fall Workout Information

Sunday September 12, 19, 26, October 3, 17, 24

Site: Kirkwood High School Grade 4 – 8 (boys or girls) 4:30 PM – 6:00 PM

1 workout 10.00, 6 workouts 45.00

Students Name _____ E-Mail _____

Grade _____ School _____

Phone Number _____ Amount Paid \$ _____

Please Mail Payment to:

Pioneer Elite Basketball
attn. Coach Gunn
KHS 811 W. Essex
Kirkwood, MO 63122

Contact us at pioneerelitebasketball@yahoo.com

Workouts hosted by Coach Gunn, Estes, Williams, McBride, Strubhar

www.kirkwoodbasketball.com