



### **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 to take their 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 11, 18, 25, October 2, 16, 23

Site: Kirkwood High School Grade 4 – 8 (boys or girls) 6:00 PM – 7:30 PM

1 workout 12.00, 6 workouts 50.00

Students Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Phone Number \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_

Please Mail Payment to: Pioneer Elite Basketball (att. Coach Gunn)  
KHS 811 W. Essex  
Kirkwood, MO 63122

Contact us at [pioneerelitebasketball@yahoo.com](mailto:pioneerelitebasketball@yahoo.com)

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

\*\*\*please note due to MSHSAA rules the KHS staff can't work with 8th graders. Strubhar will direct 8th grade workouts.

**[www.kirkwoodbasketball.com](http://www.kirkwoodbasketball.com)**