

## WHO

2nd–12th Grade  
Boys & Girls

Players with a strong level of confidence with the ball, this is not a beginner-level basketball camp

## WHEN

Tuesday, Sept. 6th & Mondays,  
Sept. 12th, 19th, 26th  
7:00pm-8:00pm

## WHERE

Tuesday, Sept. 6th

Joe LoVerde Sports & Rec, 7847 N.  
Caldwell Ave. Niles, IL. 60714

Mondays, Sept. 12th, 19th, 26th

Grennan Heights Park, 8255 N.  
Oketo Ave., Niles, IL. 60714

## COST

**\$170**

Pay by Cash or Check made  
payable to Optimum Performance

# OPTIMUM PERFORMANCE BACK TO SCHOOL PRESEASON CAMP 2022

**TUESDAY, SEPT. 6TH &  
MONDAYS, SEPT.**

**12TH, 19TH, AND 26TH**

**LOVERDE SPORTS & GRENNAN HEIGHTS**



Fine-tune your skills and focus on pumping up the **skills that coaches will look for in tryouts**. This four-week camp will help sharpen basketball fundamentals like shooting, passing, and dribbling while covering advanced-level concepts and strategies including:

Game flow & decision making ▪ Smart shot selection ▪  
Understanding the screen and roll ▪ Effective use of draw and kick  
situations ▪ Moving without the basketball ▪ Developing a  
high basketball IQ

Drills will help build control, speed, strength, stamina and the **CONFIDENCE** to handle the basketball in a variety of ways and game situations.

**All players need to bring their  
own basketball each session**

## SPACE IS LIMITED

Only the first 30 players to confirm  
attendance will be accepted

Pre-register at:

[illinoiscentralelite.com](http://illinoiscentralelite.com) before  
**September 6th, 2022**



Please pre-register online at [illinoiscentralelite.com](http://illinoiscentralelite.com) or send an email to  
[info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com).

For more information please email [optimump24@icloud.com](mailto:optimump24@icloud.com) or call 847-962-0050.