

WHO

2nd-11th Grade

Boys & Girls

Moderate to Advanced Skill Level

WHEN & WHERE

Wednesday, November 23rd

9:00AM-10:15AM

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

Friday, November 25th

8:00AM-9:15AM

Golfview Recreation Center,
7800 N. Caldwell Ave., Niles, IL.

COST

Cost For Each Day-1 or
Day-2: \$50

Cost For Both Days: \$80

*Pay with cash or
make checks payable to
Optimum Performance*

**Players must bring their own
basketballs!!!**

OPTIMUM PERFORMANCE THANKSGIVING CAMP 2022



**WEDNESDAY, NOVEMBER 23RD AT
JOE LOVERDE SPORTS & REC CENTER
FRIDAY, NOVEMBER 25TH AT
GOLFVIEW REC CENTER**

Each day will focus on:

Ball handling with confidence ▪ Combination moves that translate into efficient game situations ▪ Strengthening your “weak” hand ▪ Effectively getting the ball to the basket

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

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 10 years and has experience working with young athletes of all ages and skill levels. He has trained many elite basketball players on the high school, college and professional circuit.

His company, Optimum Performance, focuses on training that develops skills along with mentoring / educating young athletes on the proper ways to view different basketball situations so that they can progress and compete at the highest levels.



**Please pre-register online at illinoiscentralelite.com
or send an email to info@illinoiscentralelite.com.**

For more information please email optimump24@icloud.com or call 847-962-0050.