

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

September 8th
&

Mondays

September 14th, 21st, 28th
6:30pm-7:30pm

Where

Tuesday, September 8th

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

Mondays, Sept. 14th, 21st, 28th

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

Cost

\$150

Pay by cash or check made payable to Optimum Performance

OPTIMUM PERFORMANCE BACK TO SCHOOL PRESEASON CAMP 2020

**TUESDAY SEPTEMBER 8TH &
MONDAYS, SEPTEMBER 14TH,
21ST, AND 28TH**



JOE LOVERDE & 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 before
September 7th, 2020



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.