

Who

Players with a strong level of confidence with the basketball for ages 8 through 14.

1st-12th Grade Boys & Girls

When

Mondays

November 9th, 16th, 23rd, 30th
6:30pm-7:30pm

Where

Grennan Heights

8255 N. Oketo Ave., Niles, IL.
60714

Cost

\$150

Make checks payable to
Optimum Performance
Or pay by cash

All players must pay \$5 cash fee
to Coach Parker at the
beginning each session

OPTIMUM PERFORMANCE SHOOTING CAMP 2020

**NOV. 9TH, 16TH, 23RD, 30TH
GRENNAN HEIGHTS**



Fine-tune your shooting skills during your school, feeder and travel teams winter seasons. This four-week camp will help sharpen your player's basketball fundamentals in shooting.

Shooting, shooting off the pass, shooting off the dribble 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

Pre-Register before
November 9th
Pre-register at:

illinoiscentralelite.com



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.