

WHO

Players 2nd-11th Grade
Boys & Girls with a strong
level of confidence with the
basketball.

WHEN

Tuesdays

May 4th, May 11th, May
18th, May 25th
4:30pm-5:30pm

WHERE

**Golfview
Recreation Center**
7800 N. Caldwell Ave.,
Niles, IL. 60714

COST

\$170

Make checks payable to
Optimum Performance

OPTIMUM PERFORMANCE ALL-AROUND SPRING SKILLS NORTH 2021



TUESDAYS MAY 4TH, 11TH, 18TH, 25TH GOLFVIEW RECREATION CENTER

Fine-tune your skills and during your school, feeder and travel teams winter seasons. 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



Please pre-register online at illinoiscentralelite.com
or contact info@illinoiscentralelite.com / 847-962-0050.