

WHO

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

WHEN

Mondays
November 1st, 8th,
15th, 22nd
6:00pm-7:00pm

WHERE

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

COST

\$170

Make checks payable to
Optimum Performance
All players must pay \$5 cash
fee to Coach Parker at the
beginning each session

OPTIMUM PERFORMANCE ALL-AROUND SKILLS & COMPETITION WINTER 2021



**MONDAYS NOV. 1ST, 8TH, 15TH, 22ND
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 must bring their
own basketballs
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.