

WHO

2nd-11th Grade

Boys & Girls with a strong level of confidence with the basketball.

WHEN

Mondays

December 6th, 13th, 20th
6:00PM-7:00PM

WHERE

Golfview

Recreation Center

7800 N. Caldwell Ave.,
Niles, IL. 60714

COST

\$125

Make checks payable to
Optimum Performance

OPTIMUM PERFORMANCE

ALL-AROUND SKILLS CAMP WINTER 2021



MONDAYS, DECEMBER 6TH, 13TH, 20TH 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.