

## WHO

2nd-11th Grade

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

## WHEN

Thursdays

February 10th,  
17th, 24th

6:00PM-7:00PM

## WHERE

Kingsley

Grammar School

2300 Green Bay Rd.,  
Evanston, IL. 60201

## COST

**\$125**

Make checks payable to  
Optimum Performance

# OPTIMUM PERFORMANCE ALL-AROUND WINTER SKILLS CAMP

## FEBRUARY 2022



### THURSDAYS, FEB. 10TH, 17TH, 24TH

### KINGSLEY GRAMMAR SCHOOL

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](http://illinoiscentralelite.com)



Please pre-register online at [illinoiscentralelite.com](http://illinoiscentralelite.com)  
or contact [info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com) / 847-962-0050.