

WHO

2nd-11th Grade Boys & Girls

Moderate to Advanced
Skill Level

WHEN

Mondays

April 11th, 18th, 25th

6:00pm-7:00pm

WHERE

Golfview Recreation Center

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

COST

\$125

Pay with cash or make checks
payable to Optimum
Performance

**Players must bring their own
basketball and water bottle**

OPTIMUM PERFORMANCE SPRING SKILLS SESSIONS APRIL 2022



MONDAYS, APRIL 11TH, 18TH, 25TH GOLFVIEW RECREATION CENTER

Each session focuses on:

Ball handling with confidence ▪ Combination moves that translate into efficient game situations ▪ Strengthening your “weak” hand ▪ Effectively getting the ball to the basket

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 to the camp.

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 10 years and has experience working with young athletes of all ages and skill levels. He has trained many elite basketball players on the high school, college and professional circuit. His company, Optimum Performance, focuses on training that develops skills along with mentoring / educating young athletes on the proper ways to view different basketball situations so that they can progress and compete at the highest levels.



**Please pre-register online at illinoiscentralelite.com/register
or send an email to info@illinoiscentralelite.com.**

For more information please email optimump24@icloud.com or call 847-962-0050.