

WHO

Players 2nd–11th Grade
Boys & Girls
Moderate to Advanced Skill Level

WHEN

11 Weeks from
May 31st–August 10th
Mondays–Thursdays
**No Sessions Monday, May 30th,
Monday, July 4th, & Thursday, Aug. 11th*
9:00am–10:30am for all ages

WHERE

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

COST

\$125 for the week (Monday–
Thursday) or \$50 per day

**Session 11 cost is \$100*

*Pay with cash or checks payable to
Optimum Performance. All Players must
pay \$5 at the front desk each day along
with registration fee.*

OPTIMUM PERFORMANCE SUMMER BREAKFAST CLUB CAMPS 2022 MONDAYS–THURSDAYS MAY 31ST–AUGUST 10TH



A 11-week camp focusing 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 Should Bring Their Own Basketballs!

Session 1: May 31st–June 2nd (Tu–Th)

Session 2: June 6th–9th

Session 3: June 13th–16th

Session 4: June 20th–23rd

Session 5: June 27th–30th

Session 6: July 5th–7th (Tu–Th)

Session 7: July 11th–14th

Session 8: July 18th–21st

Session 9: July 25th–28th

Session 10: August 1st–4th

Session 11: August 8th–10th (M–W)*

**Session 11 cost is \$100*

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 8 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 or send an email to optimump24@icloud.com.

You may pay at the first session. For more information please call 847-962-0050.