

## WHO

1st-12th Grades

Boys & Girls

Players with a strong level of confidence with the ball. This is not a beginner-level ball-handling camp.

## WHEN

Mondays

October 3rd, 10th, 17th

7:00pm-8:00pm

## WHERE

Grennan Heights

8255 N. Oketo Ave.,

Niles, IL. 60714

## COST

**\$125**

Make checks payable to  
Optimum Performance

*All players need to bring two  
basketballs each session.*

# OPTIMUM PERFORMANCE EXTREME HANDLES CAMP FALL 2022



## MONDAYS

## OCTOBER 3RD, 10TH, 17TH

## GRENNAN HEIGHTS - NILES

### Take Your Ball-Handling to the Next Level

This four-week advanced-level camp is for players age 10-17 who want to work HARD on advanced ball-handling. Sessions will focus 100% on dribbling - with two balls for the entire session. Implementing two-ball drills will ensure that you have excellent ball control with both hands, instinctively.

### Words from Coach Parker:

"In the past I have done camps that focused on ball handling and shooting combined. I wanted to do a camp that is 100% focused on ball control, because confidence with the ball is such a crucial and often overlooked element to success in developing players. Incorporating dual-ball dribbling into training will help players who want to excel gain the edge, with superior ball control with both hands.

- Drills will help build control, speed, strength, stamina and the CONFIDENCE to handle the basketball in a variety of different game situations.
- If you can get through this camp dribbling two basketballs, then imagine what you will be able to do with one basketball."

### Eligibility:

This is not a beginner-level ball-handling camp. Players with a strong level of confidence with the ball, aged 1st-12th grade are encouraged to sign up. Drills will be hard and very advanced. If you want the challenge to try something different, then this camp is what you are looking for.

Only the first 30 players to confirm attendance will be accepted.

Pre-register at:

[illinoiscentralelite.com](http://illinoiscentralelite.com)

before

October 3rd, 2022.



You may pay at first session. For more information contact Coach Octavius Parker at 847-962-0050 or [optimump24@icloud.com](mailto:optimump24@icloud.com)