

## WHO

2nd-11th Grade  
Boys & Girls

Moderate to Advanced Skill Level

## WHEN

Session I:

December 26th-29th

Monday-Thursday

9:00am-10:15am

Session II:

January 2nd-5th

Monday-Thursday

9:00am-10:15am

## WHERE

Joe LoVerde Sports & Rec

7847 N. Caldwell Ave.

Niles, IL. 60714

## COST

**\$170 per session**

Pay with cash or  
make checks payable to  
Optimum Performance

# OPTIMUM PERFORMANCE HOLIDAY BREAKFAST CLUB



**SESSION I: DEC. 26TH, 27TH, 28TH, 29TH**

**SESSION II: JAN. 2ND, 3RD, 4TH, 5TH**

**JOE LOVERDE SPORTS & REC CENTER**

Each session is a 4-day 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 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](http://illinoiscentralelite.com)  
or send an email to [info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com).

For more information please email [optimump24@icloud.com](mailto:optimump24@icloud.com) or call 847-962-0050.