

WHO

2nd-11th Grade Boys & Girls

Moderate to Advanced Skill
Level

WHEN

Monday, January 16th

9:00am – 10:00am

WHERE

Joe LoVerde Sports &

Recreation Center

7847 N. Caldwell Ave.

Niles, IL 60714

COST

\$35

Pay with cash or make
checks payable to Optimum
Performance

OPTIMUM PERFORMANCE

MLK BREAKFAST CLUB 2023



MONDAY JANUARY 16TH

JOE LOVERDE SPORTS & REC



This camp will focus 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 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 info@illinoiscentralelite.com.

For more information please email op.optimum@yahoo.com or call 773-704-6444.