

## WHO

2nd-11th Grade

Boys & Girls with a strong level of confidence with the basketball

## WHEN

Wednesdays

Feb. 15th, 22nd, Mar. 1st  
7:00pm-8:00pm

## WHERE

Lincoln Elementary  
School

910 Forest Ave., Evanston,  
IL. 60202

## COST

**\$100**

Make checks payable to  
Optimum Performance

# OPTIMUM PERFORMANCE ALL-AROUND WINTER SKILLS CAMP 2023



## WEDNESDAYS, FEB. 15TH, 22ND, MAR. 1ST LINCOLN ELEMENTARY SCHOOL

Fine-tune your skills and during your school, feeder and travel teams winter seasons. This four-week camp will help sharpen basketball fundamentals like shooting, passing, and dribbling while covering advanced-level concepts and strategies including:

Game flow & decision making ▪ Smart shot selection ▪  
Understanding the screen and roll ▪ Effective use of draw and kick situations ▪ Moving without the basketball ▪ Developing a high basketball IQ

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 each session

**REGISTER NOW!  
SPACE IS LIMITED**

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



Please pre-register online at [illinoiscentralelite.com](http://illinoiscentralelite.com) or [opgirlshoops.com](http://opgirlshoops.com)  
or contact [info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com) / 847-962-0050