

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 or opgirlshoops.com
or contact info@illinoiscentralelite.com / 847-962-0050