

## WHO

2nd-11th Grade Boys & Girls  
Moderate to Advanced  
Skill Level

## WHEN

March 27th-30th &  
April 3rd-6th  
9:00am-10:00am

## WHERE

LoVerde Recreation Center  
7847 N Caldwell Ave,  
Niles, IL 60714

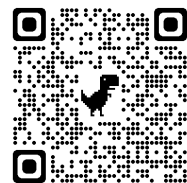
## COST

**\$150 or \$50/Session**

Pay with cash or make checks  
payable to Optimum  
Performance

**Players must bring their own  
basketball and water bottle**

# OPTIMUM PERFORMANCE SPRING BREAK BREAKFAST CLUB 2023



## MARCH 27TH-30TH & APRIL 3RD-6TH LOVERDE RECREATION 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 [opgirlshoops.com](http://opgirlshoops.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.