

WHO

Players 2nd–11th Grade

Boys & Girls

Moderate to Advanced Skill Level

WHEN

10 Weeks from

May 30th–August 3rd

Mondays–Thursdays

No camp May 29th, July 4th, July 5th*

7:00am-8:30am for all ages

WHERE

Golfview Recreation Center

7800 N. Caldwell Ave.

Niles, IL. 60714

COST

\$100 for the week (M-Th)

*Week 1: \$75, Week 6: \$50

or \$30 per day

Pay with cash or checks payable to

Optimum Performance. All Players

must pay \$5 at the front desk each day

along with registration fee.

OPTIMUM PERFORMANCE SUMMER BREAKFAST CLUB CAMPS 2023 MONDAYS–THURSDAYS MAY 30TH–AUGUST 3RD



A 10-week 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 Should Bring Their Own Basketballs!

Session 1: May 30th-June 1st

Session 2: June 5th-8th

Session 3: June 12th-15th

Session 4: June 19th-22nd

Session 5: June 26th-29th

Session 6: July 3rd & 6th

Session 7: 10th-13th

Session 8: July 17th-20th

Session 9: July 24th-27th

Session 10: July 31st- August 3rd

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 optimump24@icloud.com. You may pay

at the first session. For more information please call 847-962-0050.