

WHO

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

WHEN & WHERE

August 7th

Golfview Rec from 8-9pm

August 14th

Loverde Rec from 6:30-7:30pm

August 21st

Golfview Rec from 6:30-7:30pm

August 28th

Golfview Rec from 6:30-7:30pm

COST

\$170 for 4-Week Camp

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 END OF SUMMER CAMP 2023



MONDAYS

AUGUST 7TH, 14TH, 21ST, 28TH

GOLFVIEW REC CENTER & LOVERDE REC CENTER



This OP Camp will focus on ball handling and finishing! Although we work on finishing at the rim, this camp will focus on attacking the basket in transition as well as in the half court. Understanding angles, floaters, strong finishes, opposite hand finishing on the strong side giving players the reasons and situations in which these creative moves are needed and best used, as well as many more creative moves.

All Players Should Bring Their Own Basketballs!

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 15 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 call 847-962-0050