

WHO

2nd-12th Grade

Boys & Girls

Players with a strong level of confidence with the ball, this is not a beginner-level basketball camp

WHEN & WHERE

Tuesday, Sept. 5th: 6:30-7:30pm

Golfview Rec Center
7800 N. Caldwell Ave., Niles

Monday, Sept. 11th: 6:30-7:30pm

Grennan Heights Fieldhouse
8255 N. Oketo Ave., Niles

Monday, Sept. 18th: 6:30-7:30pm

Grennan Heights Fieldhouse
8255 N. Oketo Ave., Niles

Monday, Sept. 25th: 6:30-7:30pm

LoVerde Sports & Rec Center
7847 N. Caldwell Ave., Niles

COST

\$170

Pay by Cash or Check made payable to Optimum Performance

All players need to bring their own basketball each session

SPACE IS LIMITED

Only the first 30 players to confirm attendance will be accepted

Pre-register at:

illinoiscentralelite.com before
September 5th, 2023

OPTIMUM PERFORMANCE BACK TO SCHOOL PRESEASON CAMP 2023

**TUESDAY, SEPT. 5TH &
MONDAYS, SEPT.**

11TH, 18TH, AND 25TH

**GOLFVIEW REC CENTER, GRENNAN
HEIGHTS & LOVERDE REC CENTER**



Fine-tune your skills and focus on pumping up the **skills that coaches will look for in tryouts**. 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.



Please pre-register online at illinoiscentralelite.com or send an email to info@illinoiscentralelite.com.

For more information please email optimump24@icloud.com or call 847-962-0050.