

WHO

2nd-11th Grade

Boys & Girls with a strong level of confidence with the basketball

WHEN

Mondays

April 1st, 8th, 15th & 22nd
8:15pm-9:15pm

WHERE

St. Viator High School
1213 E Oakton St.
Arlington Heights, IL
60004

COST

\$125

Make checks payable to
Optimum Performance

OPTIMUM PERFORMANCE ALL-AROUND SPRING SKILLS CAMP 2024



MONDAYS, APRIL 1ST, 8TH, 15TH & 22ND ST. VIATOR HIGH 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