

WHO

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

WHEN

8 Weeks from
June 3rd–July 31st
Mondays & Wednesdays
**No camp the first week in July*
6:00pm–7:15pm

WHERE

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

COST

\$70 per week or \$40 per day
*Pay with cash or checks payable to
Optimum Performance.*

OPTIMUM PERFORMANCE SUMMER NIGHT CAMPS 2024



MONDAYS & WEDNESDAYS JUNE 3RD–JULY 31ST

An 8-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: June 3rd & 5th

Session 2: June 10th & 12th

Session 3: June 17th & 19th

Session 4: June 24th & 26th

Session 5: July 8th & 10th

Session 6: July 15th & 17th

Session 7: July 22nd & 24th

Session 8: July 29th & 31st

**No camp the first week of July*

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.