

## WHO

2nd-11th Grade  
Boys & Girls

Moderate to Advanced Skill Level

## WHEN

Session I:

December 23rd

December 26th

December 27th

10:00am-11:00am

## WHERE

Joe LoVerde Sports & Rec 7847  
N. Caldwell Ave.  
Niles, IL. 60714

## COST

\$75 All 3 Sessions

(\$35 daily drop-in fee)

Pay with cash or

make checks payable to Optimum  
Performance

# OPTIMUM PERFORMANCE HOLIDAY BREAKFAST CLUB



## SESSION I: DEC. 23RD, 26TH, 27TH JOE LOVERDE SPORTS & REC CENTER

Each session is a 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 need to bring their own basketball to the camp.**

## ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 10 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](http://illinoiscentralelite.com)  
or send an email to [info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com).

For more information please email [optimump24@icloud.com](mailto:optimump24@icloud.com) or call 847-962-0050.