

OPTIMUM PERFORMANCE



SUMMER BREAKFAST CLUB CAMP

WHO

Players 2nd-11th Grade
Boys & Girls

Moderate to Advanced Skill Level

WHEN

3 Weeks in July 2025
8:30AM - 9:30AM

WHERE

Loverde Rec Center
7847 N Caldwell Ave, Niles

COST

\$125/WEEK & \$50/DAY

Pay with cash or checks payable to Optimum Performance.

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!**

- Ball handling with confidence
- Combination moves that translate into efficient game situations
- Strengthening your "weak" hand
- Effectively getting the ball to the basket

CAMPS

WEEK 1

July 14,15,16

WEEK 2

July 21,22,23

WEEK 3

July 28,29,30

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 20 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