

## 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

**Tuesday, Sept. 16**

7:00-8:00pm

**Tuesday, Sept. 23**

7:00-8:00pm

**Tuesday, Sept. 30**

7:00-8:00pm

## WHERE

**Loverde Rec Center**

7847 N Caldwell Ave, Niles  
IL 60714

## COST

**\$100**

**Pop in fee \$35**

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:

[illinoiscentrallite.com](http://illinoiscentrallite.com) before  
**September 1st, 2024**

# OPTIMUM PERFORMANCE BACK TO SCHOOL CAMP 2025



**TUESDAY, SEPT. 16,  
SEPT. 23, & SEPT. 30  
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 [illinoiscentrallite.com](http://illinoiscentrallite.com) or send an email to [info@illinoiscentrallite.com](mailto:info@illinoiscentrallite.com).

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