

WHO

2nd-11th Grade
Boys & Girls

Moderate to Advanced Skill Level

WHEN

Session I:

December 22nd
December 23rd
9:10am-10:10am

WHERE

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

COST

\$70 For Both Days

\$5 open gym fee has to be paid
at front desk before entering
the gym.

(\$40 daily drop-in fee)

Pay with cash or
make checks payable to Optimum
Performance

OPTIMUM PERFORMANCE HOLIDAY BREAKFAST CLUB



SESSION I: DEC. 22ND AND 23RD 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
or send an email to info@illinoiscentralelite.com.

For more information please email optimump24@icloud.com or call 847-962-0050.