

WHO

2nd-11th Grade

Boys & Girls

Moderate to Advanced Skill Level

WHEN

Session II:

Monday, December 29th

11:30am-12:30pm

Tuesday, December 30th

10:00am-11:00am

WHERE

Golf Main Park District

8800 W. Kathy Ln.

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

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.

OPTIMUM PERFORMANCE HOLIDAY BREAKFAST CLUB



SESSION II: DEC. 29TH AND 30TH GOLF MAIN PARK DISTRICT

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.



**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.