

**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 [illinoiscentraleetite.com](http://illinoiscentraleetite.com)  
or send an email to [info@illinoiscentraleetite.com](mailto:info@illinoiscentraleetite.com).

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