

WHO

2nd-11th Grade

Boys & Girls with a strong level of confidence with the basketball

WHEN

Mondays

April 13th, 20th, & 27th
7:00pm-8:00pm

WHERE

**Golf View
Recreation Center**

7800 N Caldwell Ave
Niles, IL 60714

COST

\$100

Make checks payable to
Optimum Performance

OPTIMUM PERFORMANCE

ALL-AROUND SPRING SKILLS CAMP 2026



**MONDAYS - APRIL 13th, 20th, 27th
Golf View Recreation Center**

Fine-tune your skills and during your school, feeder and travel teams winter seasons. 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.

All players need to bring their own basketball each session

**REGISTER NOW!
SPACE IS LIMITED**

Only the first 30 players to confirm attendance will be accepted.



Please pre-register [online at illinoiscentralelite.com](http://illinoiscentralelite.com) or
opgirlshoops.com or contact info@illinoiscentralelite.com /
847-962-0050