

OPTIMUM PERFORMANCE



SUMMER BREAKFAST CLUB CAMP

WHO

Players 2nd-11th Grade
Boys & Girls

Moderate to Advanced Skill Level

WHEN

4 Weeks
7:30AM - 9:00AM

WHERE

Golfview Rec Center

COST

\$25/SESSION

Fee must be paid before each workout
before taking the court
All participants must sign in at front desk
and pay **\$5 open gym fee**

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 Should Bring Their Own Basketballs!**

- Ball handling with confidence
- Combination moves that translate into efficient game situations
- Strengthening your "weak" hand
- Effectively getting the ball to the basket

CAMPS AT GOLFVIEW REC

WEEK 5

July 6,7,8

WEEK 6

July 13,14,15

WEEK 7

July 20,21,22

WEEK 8

July 27,28,29

ABOUT THE TRAINER

Octavius Parker has been an AAU coach and primary trainer for over 20 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 optimump24@icloud.com.

You may pay at the first session – For more information call 847-962-0050