

Who:

Players 2nd-11th Grade
Boys & Girls with a strong
level of confidence with the
basketball.

When:

Tuesdays

March 3rd 6:00pm-7:00pm

March 10th, 17th, 24th

6:30pm-7:30pm

Where:

**Joe LoVerde Sports &
Recreation**

7847 N. Caldwell Ave., Niles,
IL. 60714

Cost:

\$150

Make checks payable to
Optimum Performance
All players must pay \$5 cash
fee to Coach Parker at the
beginning each session

All players need to bring
their own basketball each
session

SPACE IS LIMITED

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

Pre-register at:
illinoiscentralelite.com

OPTIMUM PERFORMANCE ALL-AROUND SPRING SKILLS 2020



TUESDAYS MARCH 3RD, 10TH, 17TH, 24TH JOE LOVERDE SPORTS & REC 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.

