

## WHO

2nd-11th Grade Boys & Girls

Moderate to Advanced Skill  
Level

## WHEN

Monday, February 16th

9:00am – 10:30am

## WHERE

Joe LoVerde Sports &  
Recreation Center

7847 N. Caldwell Ave.  
Niles, IL 60714

## COST

\$40

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 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.

# OPTIMUM PERFORMANCE

# PRESIDENTS DAY BREAKFAST CLUB 2026

## MONDAY FEBRUARY 16TH

## JOE LOVERDE SPORTS & REC

This camp will focus 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](http://illinoiscentralelite.com) or send an email to [info@illinoiscentralelite.com](mailto:info@illinoiscentralelite.com).

For more information please email [op.optimump@yahoo.com](mailto:op.optimump@yahoo.com) or call 773-704-6444.