

# JACKIE STILES'

## HIGH SCHOOL ELITE CAMP

Branson, MO

July 10-14, 2012

### How Good Do You Want to Be?

How did Jackie Stiles, a small town Kansas girl who stood only 5 feet 7 inches tall, become the All Time Leading Scorer in the History of Women's College Basketball?

For sure, her legendary work ethic played a vital role, but Jackie also relentlessly studied the game of basketball and developed innovative practice strategies to allow her, as an offensive player, to "create space" against larger and more athletic opponents. Through many hours of trial and error, Jackie developed practice routines that led to a regimen that, in time, allowed for the muscle memory that made all those great moves she executed on the biggest stages in women's basketball look natural, almost easy. Don't be fooled. There was nothing "natural" or "easy" about the development of Jackie Stiles, the basketball player. Her legend may have been validated under the bright lights of the NCAA Final Four and the WNBA, but her skills were forged by hours of toil in countless empty, small town gymnasiums across Kansas and Missouri, with nothing but sweat for a companion.

The motto of the Jackie Stiles Camps is, "*Inspiration Through Knowledge.*" This mission statement was not chosen at random, but developed after many hours of thought. So many basketball players say, "I want to get better, but I don't know how." Jackie will show you how. You will leave camp with a written practice plan, individualized to your own specific needs and circumstances. The sense of empowerment you feel will be impacting. The light will come on and you will say, "I can do this."

Success is relative and improvement can be measured in varying degrees. Jackie's system will work for any young lady who wants to raise her game to a higher level. How high can your game soar? It is up to you.

### ***WHO SHOULD ATTEND THIS CAMP***

Send us only players with a burning desire to improve as opposed to the self-centered athlete, who although blessed with great talent, displays a constant lack of commitment, much to the never ending torment of her coach. The basketball world is full of unfulfilled talent. Poorly motivated athletes will not flourish, nor find benefit in our system.

### **Camp Curriculum:**

If you have the opportunity to talk to players who have been through Jackie's camps, they will tell you hers' is like no other camp - and it is the best camp experience they have ever had.

You will spend 12 hours a day either on the court or in the classroom. The pace will be fast. You will learn to use your dribble, your teammates, your opponents and your own "sense of where you are" to create space, or shooting openings. We will teach you ball handling and shooting workouts that are taught in sequential order and provide the building blocks of Jackie's system. You will learn new and innovative ideas about the "great equalizer;" physical strength and conditioning. You will learn not only how - but why - which will help you become a team leader who is "a coach on the floor." You will become a better teammate and a better person.

In the end, you will walk out of camp empowered with the skills to maximize, to the fullest, a once in a lifetime opportunity; the privilege of playing high school basketball.

# JACKIE STILES'

ELITE HIGH SCHOOL CAMP

JULY 10-14, 2012

Branson, MO

e-mail:jackie.stiles@lickingcamps.com Or Regular Mail to:

Heart of the Ozarks Athletics

PO Box 20501

St. Louis, MO 63139

YOU WILL RECEIVE A CONFIRMATION E-MAIL AFTER YOUR ENTRY IS RECEIVED

## Personal Information

Name \_\_\_\_\_ College \_\_\_\_\_ Major \_\_\_\_\_

Home Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Athlete's E-Mail Address \_\_\_\_\_ GPA \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

College Coach's Name \_\_\_\_\_ Office Phone \_\_\_\_\_

Coach's e-mail address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_ Commuter \_\_\_\_ Overnight (room and board) Roommate Preference: \_\_\_\_\_

## Athletic Information

Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_ Grade Fall 2010 \_\_\_\_\_ Bench Press Max. \_\_\_\_\_ Vertical Jump \_\_\_\_\_

List your strengths as a player:

List areas you can make the most improvement in:

List your individual goals for the upcoming season:

List your team goals for the upcoming season:

**Release – Waiver of Liability and Proof of Insurance:** I/we the undersigned on behalf of myself and my/our child listed above understand all the risks associated with the sport of basketball and basketball camp participation and do hereby hold harmless and release, waive and covenant not to sue any member of the camp coaching staff, the host institution as well as its employees and board members, or J. Stiles Total Training from any and all claims of liability. I/we further consent my/our child is physically able to participate in the camp, and I/we authorize the coaching members of the camp to escort my/our child to the hospital upon emergency. In addition, I/we verify my/our child has accident insurance coverage and I/we will accept all financial responsibilities of injuries arising from participation in this camp. **Parent or guardian must sign if athlete is under 18 years of age.**

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**CHECK IF PAYMENT IS ENCLOSED: \_\_\_\_ \$425 OVERNIGHT \_\_\_\_ \$350 COMMUTERS**



# JACKIE STILES

Jacqueline Marie Stiles was born in Kansas City, Kansas on December 21, 1978 to parents Pat and Pam Stiles and is the oldest of four children. Jackie grew up in Claflin, Kansas and attended Claflin High School.

Jackie's athletic accomplishments are numerous and diverse, but she is known best for her endeavors on the basketball court. As a junior in high school, she scored 61 points in 17 minutes of the opening game of the season. By the end of her senior year, she became the leading scorer for boys and girls in Kansas High School history. Jackie is the state record holder with 71 points in one game. During her four years of high school, Jackie won a state record 14 gold medals in track, including the first to win the 400, 800, 1600 and 3200 meters in one day. She placed in the top three in state cross country all four years. This well rounded athlete also played tennis for the Claflin Wildcats and placed 2nd in state all three seasons.

At Missouri State, she was known for her spinning jump shots, driving lay ups and 3-pointers. She is the all-time leading scorer in NCAA DI basketball history with 3,393 points. She had a compelling competitive spirit and stop-on-a-dime quickness. What she brought to the court was incredible jump shots and moves that defied defenses designed specifically to stop her. Her career at MSU culminated in the 2001 NCAA Tournament, where she led the Lady Bears to a Final Four appearance. In the Sweet 16 game, she scored 41 points in an 81 - 71 shocker against top-ranked Duke. Jackie remains the only woman to score more than 1,000 points in a single season. In her college career she procured a number of outstanding awards, including: three time Missouri Valley Player of the year, the Wade Trophy for best female basketball player in the nation; The Broderick Cup for College Women Athlete of the Year in 2001; Verizon Academic All American 1st Team and the Kodak 1st team All American.

In the 2001 WNBA draft, Jackie was picked fourth by the Portland Fire. She captured the Rookie of the Year title that summer with a scoring average of 14.9 points. She was named to the 2001 WNBA All-Star team and was picked WNBA Player of the Week, averaging 22 points on 54% shooting. Jackie played briefly in the Australian league before retiring in 2006, due to injuries incurred from her legendary training regimen. Jackie's career was one that every player dreams of. Jackie is now dedicating herself to helping young athletes around the country achieve their dreams.

## ***BRING JACKIE TO YOUR CAMPUS THIS SEASON***

### ***THE JOURNEY:***

#### **Available for in-season/on-campus presentations**

**The Story:** Let Jackie share her basketball journey with your student athletes. One of the game's all-time greats, known for her legendary work ethic and will to win, Jackie can share with your team an inspirational story that is timeless and transcends all demographic boundaries.

**The Message:** There is no limit to the goals you can attain, the success you can achieve. Your possibilities are as endless as your dreams.

**The Delivery:** A fast moving four hour session that will leave your athletes inspired to hit the practice court and make their own basketball dreams come true!

**The Format:** Jackie will cover topics that will give the student athlete a new and healthy respect for the opportunities they have before them. Goal Setting, Time Management, On and Off Court Leadership, Team Chemistry and other such timely topics will be covered.

**Use Jackie's Presentation to Motivate Your Athletes Specific to the Timing of the Season:**



*NCAA Career Points Leader, WNBA Rookie of the Year and National Player of the Year*

**November: *Tip Off to a Great Season***  
**December and January: *Reassessment and Refocus***  
**February and March: *Poised for the Stretch Run***  
**Call Dave at 636-232-4688 for available dates and rates**

# JACKIE STILES'

## HIGH SCHOOL ELITE CAMP



### **CAMP DATES: July 10-14**

camp will start at 3 pm on July 10 and conclude at noon on July 14.

### **LOCATION: Branson, MO**

**CAMP COST: \$425 OVERNIGHT  
\$325 COMMUTERS**

**Q: What will I learn at this camp? A:** *We will take a holistic approach to player improvement based on these four building blocks: **shooting** fundamentals, **ball handling** development, state of the art **strength and conditioning** concepts, and the always important role of **leadership** that every good guard brings to her team. Our theme is "Inspiration Through Knowledge." You will not leave our camp after four days as a significantly improved player. You will leave our camp inspired with the knowledge you need to take your game to a level you never before thought possible.*

**Q. Will I need on-ground transportation? A:** *No. We will provide a shuttle to and from the airport. If the athlete chooses to stay at our camp delegated hotel, we will also provide shuttle service to and from the gymnasium and to and from all activities.*

**Q. What about commuters? A:** *Athletes who choose the commuter payment option will be provided with lunch only. They will also need to provide their own transportation to and from activities. Athletes who choose the room and board payment option will be provided with*

*all meals during camp and will find their housing to be of a very accommodating and comfortable level.*

**Q. Who will make up your Camp Staff? A:** *Jackie will be at all sessions. We will also bring in speakers to teach their particular areas of expertise. Camp staff to athlete ratio will be maintained at a maximum ratio of 1 coach to 10 athletes.*

**Q. How do I register? A:** Fill out the attached form and e-mail it as an attachment to [jackie.stiles@lickingcamps.com](mailto:jackie.stiles@lickingcamps.com) or regular mail to Dave Almany, PO Box 20501, St. Louis, MO 63139

**Q. What if I have other questions? A:** *Contact Dave at 636-232-4688 or [dave@lickingcamps.com](mailto:dave@lickingcamps.com)*

## JACKIE STILES COLLEGIATE GUARD CAMPS SUMMER 2012 SCHEDULE

June 5-9, 2012  
Branson, MO

For Information call Dave at 636-232-4688