

Jackie Stiles'

Women's Collegiate Guard Skills Camp

"Inspiration through Knowledge"



WNBA Rookie of the Year
NCAA All Time leading Scorer

June 29-July 2
Springfield, MO
July 18-21
Portland, OR
August 3-6
Philadelphia, PA

Unique Camp Features:

- Only Camp in the nation committed to women's collegiate perimeter play development
- Based on the same practice routines that developed a two time All-American, 2001 NCAA Player of the year and WNBA Rookie of the Year.
- Shot development based upon Jackie's BEEF Principle incorporating her 1000 shot a day routine while focusing on a number of teaching techniques including square up, one-two step, power foot, step back hesitation and the "Stiles hop."
- Ball handling was the cornerstone of Jackie's offensive arsenal. Campers will learn stationary ball handling drills, how to develop individual movement through repetition and drills against a defender with emphasis on the all important finish.
- Jackie will share with you her devotion to physical conditioning which allowed her to play the game at a relentless pace.

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.

Cost

\$425*

**Includes Lodging & 3 meals a day
Based on double occupancy*

\$350**

Commuters

****Lunch only**

- Shuttle to and from area airports
- A complete notebook to take from the camp
- Evening Social Activities
- Insurance
- An individualized workout plan
- A conditioning assessment and improvement program
- Shuttle to and from the gym to the motel
- *Springfield Camp Housed at the deluxe University Plaza Hotel



Register Online:

www.jackiestilesbasketball.com

"Where dreams begin one shot at a time"

Camp Curriculum

Day 1:

1:00 pm	Check In
3:00	Introductions
3:20	Mission Statement
3:40	Pre-Test
4:10	on-Court Shooting Drills
5:30	Dinner
6:00	on-Court Shooting Drills
7:00	BB IQ Growth
7:30	On Court-Review
8:00	Dismiss

Day 2:

9:00 am	Review
9:30	Shot Adjustment & Slump Busters
10:30	Leadership and Time Management
11:15	Nutrition and Strength Training
11:45	Ball Handling Drills
12:30 pm	Lunch
1:00	Basketball Geometry
2:00	Footwork and shot release
4:00	Ball Handling Drills
5:00	On Court Review
5:30	Dismiss
6:00	Dinner
7:00	Social Activity

Day 3:

9:00 am	Review
9:30	Fitness Assessment
10:30	Championship Level Guard Play
Noon	Off Ball Movement
12:30 pm	Lunch
1:00	A Coach on the Floor
2:00	Defensive Leadership
3:30	Cardio Training for Basketball
4:15	Competitive Shooting Drills
5:00	On Court Review
5:30	Dismiss
6:00	Dinner
7:00	Social Activity

Day 4:

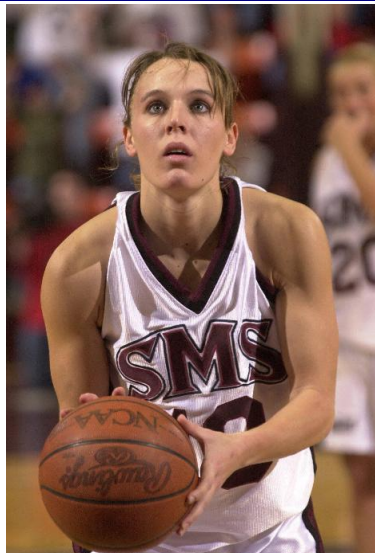
9:00 am	Review
9:15	A College Basketball Experience
9:45	On- Court Review
10:00	Build Your Own Workout
11:15	Season Goal Setting
11:45	Post Test
Noon	Conclusion

Registration:

On line at:

www.jackiestilesbasketball.com

Jackie Stiles



NCAA All Time Leading Scorer

2001 National Player of the Year
WNBA First Round Draft Selection
Two time All-American
Three Time MVC Player of the Year
Averaged 46.4 PPG as a HS Senior

Camp Philosophy

Jackie has a passion for using her experience of playing at the game's pinnacle to teach today's players what it takes to raise their game to the next level. This experience will be a unique opportunity to learn from a player universally recognized for her work ethic, a character trait that willed her to become one of the game's all time greats. There is no similar opportunity in the country for today's collegiate players.

For Further Information:

Contact Dave Almany 636-232-4688 or
dave@lickingcamps.com



So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

Christopher Reeve, From speech at Democratic National Convention, August 1996

Our Mission Statement

Inspiration through Knowledge

We will change the way college perimeter basketball players are trained.

We will provide the self motivated athlete with a systematic proven regimen, built on a holistic approach to basketball skill improvement that can be measured against quantifiable benchmarks to verify value added.

Confirmation

After your registration form is processed, you will via e-mail receive a confirmation notice with additional instructions and information.

www.jackiestilesbasketball.com