

JACKIE STILES'

COLLEGIATE GUARD SKILLS CAMP

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

Heart of the Ozarks Athletics PO Box 20501 St. Louis, MO 63109

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 _____

Coaches e-mail address _____

Emergency Contact Name _____ Relation _____ Phone _____

Camp(s) will you attend _____ June 29-July 2 Springfield, MO _____ July 18-21 Portland, OR
_____ August 3-6 Philadelphia, PA

_____ Commuter _____ Overnight (room and board) Roommate Preference: _____

Athletic Information

Use 2009-2010 stats

Height _____ Weight _____ Age _____ Grade fall 2010 _____ 2010 FT % _____ FG % _____

3Pt. % _____ Reb. Ave. _____ Assists Ave. _____ PPG _____ Avg. Min. _____ Bench Press Max. _____

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'

COLLEGIATE GUARD Skills CAMP

Our Mission Statement:

Inspiration Through Knowledge

We will change the way college women 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.

Our Fundamental Beliefs:

1. Talent is Over Rated.

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 potential. Poorly motivated athletes will not flourish, nor find benefit in our system.

2. Practice Makes not Perfect, but Permanent.

Solid fundamentals are paramount to any basketball self-improvement program. We must first teach a player the proper way to execute basic basketball fundamental skills. Without this fundamental base, practice, in actuality, becomes a detriment, as repetition enforces poor skill development.

3. You Take Only What You Give, So Give All You Have.

We live in a cause and effect world. Basketball is a lot like life; you get out of it what you put in. We **can not** improve players in a short four-day camp. What we **can do** is provide a time-proven and innovative structured program for athletes to follow. Those who follow our program, will in due time, show marked and noticeable improvement as a basketball player.

Words We Live By:

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*

By nature, men are nearly alike; by practice, they get to be wide apart. Confucius (551 BC - 479 BC), *the Confucian Analects*

Energy and persistence conquer all things. Benjamin Franklin (1706 - 1790)

Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance. Samuel Johnson (1709 - 1784)

JACKIE STILES'

COLLEGIATE GUARD Skills CAMP

WHY are you starting this camp: As a player, other than a few leagues, individual workouts, and as many pick up games as I could find to play in; it was frustrating that there were so few options available for the collegiate level female player who wanted an organized summer program for improvement. Even today, the few options that do exist are very expensive - \$700 to \$3500 – and focus primarily on male athletes. I want the camp focus to be very narrow, and the teaching to be as one on one as possible. I have a system, based upon my own development as a player, that I have refined over the years and believe could revolutionize the training methodology currently in vogue with guard development.



I have a system, based upon my own development as a player, that I have refined over the years and believe could revolutionize the training methodology currently in vogue with guard development.

WHO is eligible to attend: any player who will compete on the collegiate level during the 2010-2011 season. We will focus exclusively on players who offensively face the basket. **Point Guards and Off Guards/Shooting Guards** will find this camp very much to their benefit. **Swing Players (small forwards, 3 and 4 spot players)** will also gain the fundamental skills they need to improve their game.

WHERE and WHEN will the camp be held: We will host three camps this first summer: **June 29-July 2 Springfield, MO; July 18-21 Portland, OR August 3-6 Philadelphia, PA.** With many Division I athletes now attending mandatory summer school, we choose these dates as to cause as little disruption in summer school as possible. In the future, we intend to expand to satellite campuses around the country.

VALUE ADDED

We want to start our camps out small and limit the number of participants in the pilot program for next summer. Eventually, our vision is to hold summer development camps for female collegiate level guards around the nation. The benchmark for any player we work with will always be value added in base. The true evaluation of our work, and future growth of our camps, will depend on how impressed you as a coach are with the improvement of your athletes after they have been immersed in our system. Our camp will be intense and fast paced. Only those with a sincere desire and burning passion to improve their game should consider attending.

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 becomes 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 she 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 division one 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-sixteen 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, won the Wade Trophy for best female basketball player in the nation, and 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 she 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 and she has dedicated herself to helping young athletes around the country achieve their dreams.



Frequently Asked Questions:

Q: What will I learn at this camp? **A:** *We will take a holistic approach to player improvement based on these five building blocks: **shooting** fundamentals, **ball handling** development, smart **defensive** play, 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 the talent and competition level be too tough for the D III level player? **A:** *Absolutely not! This is an improvement camp, not a competition camp. You compete against yourself, with the goal of self improvement. At the completion of camp, you will possess a program that if followed diligently, will dramatically improve your level of play.*

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. Can incoming college freshman who are Spring 2010 high school graduates attend? **A:** *YES! And we will strongly encourage them to do so. We can tell you from experience that most freshmen enter college with a great deal of anxieties. We can address many of the basketball issues they will face in their adjustment to the college game. Also, in future summers, we will provide a sequential and progressive camp curriculum for repeat attendees. We hop, in the future, to have athletes we have worked with throughout their four or five year college careers.*

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. What are your future visions and plans for this camp? **A:** *We want to grow and host satellite camps around the nation. We want to attract the highest level of player possible, including WNBA athletes. At the same time, we also want to be a resource for those players at the lower rungs of collegiate basketball. Most of us have only four short years to play the game at the post high school level. We want to help as many athletes as possible maximize their basketball potential and experience.*

Q. Will there be any chance for follow up with Jackie? **A:** *We will provide each athlete the opportunity for a "mid term" evaluation over the Christmas break. We want to be involved with the overall development of each player throughout her collegiate career.*

Q. How do I register? **A:** *You can register on line at www.jackiestilesbasketball.com, or use the mail in registration form enclosed with this mailing.*

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

Jackie By The Numbers

- 1: Jackie's rank as the all time leading scorer in the history of women's collegiate basketball.
- 2: Number of times Jackie was named as a first team Division I All American.
- 3: Number of times Jackie was chosen Missouri Valley Conference Performer of the Year.
- 4: Jackie's draft position in the 2001 WNBA draft, the same year she was named Rookie of the Year. Also, the number of years she led the MVC in scoring.
- 5: The average of minutes per game that Jackie was not on the floor during her college senior season.
- 8: A career low number of shots Jackie attempted in her first NCAA tournament game, a 78-64 loss to Notre Dame.
- 9: Number of NCAA tournament games Jackie played in during her four years at SMS.
- 10: Jackie's SMS jersey number, since retired.
- 11: Age that Jackie won Kansas Elks Lodge Hoop Shoot Free Throw Contest and finished 15th nationally.
- 12: Number of players, including Jackie, chosen for the USA national team in the 1997 the World Games.
- 12: Jackie's age when first contacted by the Southwest Missouri State basketball staff.
- 14: Number of Individual State Championships Jackie won as a high school track athlete.
- 18: Number of times Jackie was named MVC Player of the Week during her four year SMS career.
- 21: Number of points Jackie scored in her first game as a SMS Lady Bear.
- 22: Number of points Jackie scored against Purdue in a Final Four loss in 2001, her last game as a Lady Bear.
- 26.3: Points per game Jackie averaged in her SMS career.
- 26.4: Points per game Jackie averaged in her Sophomore year of high school, *after* breaking her right hand.
- 27.8: Jackie's scoring average her junior colligate season, a total that led the nation.
- 41: Number of points Jackie scored in a major upset of the #1 nationally ranked Duke Blue Devils in the 2001 NCAA Sweet Sixteen, recognized as one of the greatest individual performances in the history of women's basketball.
- 45: Jackie's high school jersey number, since retired.
- 46.4: Points per game Jackie averaged as a senior in high school.
- 52: Points Jackie scored in a game her Sophomore year, the highest mark in the nation for that season.
- 54: Number of points Jackie scored in an SMS game, still the school record.
- 61: Number of points Jackie scored in 17 minutes of play in one game her junior year in high school.
- 71: Jackie's high point single game total her senior year in high school, a state record that still stands.
- 81: Jackie's number of career singles victories as a high school tennis player, against only 12 losses.
- 88: Jackie collegiate career free throw %.
- 137: Number of seconds (2:17) it took Jackie in 1996 to set a state record in 800 meter run at the state finals.
- 523: Jackie's total rebounds for her high school career.
- 659: Residents in Jackie's home town of Claffin, KS.
- 662: Number of Free Throws Jackie made during her high school career, still a Kansas State Record.
- 1,000: Number of practice shots Jackie would make in what became her famous daily practice routine.
- 1,062: Number of Points Jackie scored her senior year at SMS to become the only female in history to score over 1000 points in a season.
- 3,393: Number of points Jackie scored in her collegiate career, still the all time national record.
- 3,603: Point total for Jackie's four year high school career, still a Kansas state record.
- 10,000: The number of t-shirts bearing Jackie name, jersey number and team logo sold at Springfield Wal-Marts in two weeks after her signing with the Portland Fire, still an all time WNBA sale record.



Claffin High School



Southwest Missouri State



WNBA Portland Fire