

FREQUENTLY ASKED QUESTIONS

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 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 freshmen, who are Spring 2011 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 hope, in the future, to have athletes we have worked with throughout their four or five year college careers.

Q. Can coaches attend? A. Yes. We have a special program for coaches to attend and study our teaching techniques. The cost is \$150. An enrollment form is included with this package.

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. This summer we have added a Level II Camp for those who have attended a prior Level I Camp.

Q. How do I register? A: Fill out the attached form and e-mail it as an attachment to 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

VALUE ADDED

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.