

About the Camp

High Intensity basketball camp is designed to develop fundamental basketball skills, teamwork, and a love for the sport. Campers will learn new parts of the game as they work with their counselors (current IWU players) throughout the week, and will put those skills to use in game situations each day.

Camp sessions will take place in the air-conditioned Shirk Center on the campus of beautiful Illinois Wesleyan University.

There will be plenty of basketball played in each session, along with some fun surprises. Team-building games, snacks, competitions, demonstrations by current IWU team members, and other fun activities are all a part of camp as well!

Typical Camp Day

- 9:30-9:40 Warm-up activity and stretching
- 9:40-9:45 Skills lecture
- 9:45-10:00 Skill development at team baskets
- 10:00-10:10 Camper skill demonstration
- 10:10-10:20 Team-building activity
- 10:20-10:30 Skill lecture / demonstration
- 10:30-10:50 Stations
- 10:50-10:55 Snack break
- 10:55-11:05 Team Practice
- 11:10-11:40 Games
- 11:40-11:55 Skills competitions
- 11:55-12:00 Titan Effort Award

2009-2010 Season by the Numbers...

- 28 wins
- 1 Sweet Sixteen Appearance
- 1 Conference Championship
- 2,000 fans at the final game
- 1 All American: Christina Solari
- 4 All-Conference Selections: Christina Solari, Hope Schulte, Nikki Preston, and Stacey Arlis
- 1 CCIW Coach of the Year: Mia Smith
- 80 points per game
- 2 seniors, 6 juniors, 4 sophomores, and 6 freshman =

1 TEAM



High Intensity Girls Basketball Camp

Summer 2010



Illinois Wesleyan University

Individual Camp June 14-17

Session 1: Incoming Grades 3-5

Session 2: Incoming Grades 6-8

Registration Form

Name: _____ Grade in Fall: _____ T-shirt Size: _____

Address: _____ City/State: _____ Zip: _____

Parent/Guardian Name(s): _____

Parent/Guardian Day Phone Number(s): _____

Emergency Contact Name: _____ and Phone Number: _____



Questions? Contact the IWU
Basketball Office at
(309) 556-3611.

*Please mail Registration
Form and check (payable
to Mia Smith) to



IWU Basketball Camp
C/O Mia Smith
302 East Emerson Street
Bloomington, IL 61701

Join us for a great time...



...summer camp 2010!

June 14-17

Session 1: Incoming Grades 3-5
9:30 a.m. to 12:00 p.m.

Session 2: Incoming Grades 6-8
1:00 p.m. to 3:30 p.m.

Camp cost is \$95 per player. Teams sending five or more players receive a discount—contact Coach Smith for details.

All campers will receive a 2010 camp t-shirt, personalized instruction from current IWU team members, and an individualized progress evaluation filled out by their camp counselor.

Head Coach Mia Smith

Illinois Wesleyan's spectacular run in the 2010 NCAA Division III tournament capped off Mia Smith's 12th season as head coach of the Titans. The all-time victory leader for women's basketball at IWU, Smith has coached her IWU teams to a record of 227-97. She has coached 29 All-Conference selections, 4 All-Americans, and 3 CCIW "Most Outstanding Players."

Originally from Farina, IL, Smith played basketball at Southern Illinois University Edwardsville. She



Coach Mia Smith

was named "Defensive Player of the Year" each season there, and to this day she gets her players excited about what great defense can do for their team.

Coach Smith exemplified what it meant to be a student-

athlete, earning Dean's List honors and the "SIUE" Scholar-Athlete Award. This academic dedication is continued to this day, as this year's IWU women's team earned a 3.5 average GPA.

