

## EXCELLENCE

### Definition

A talent or quality which is unusually good, and therefore, surpasses ordinary standards.

### Story

Jacqueline Marie Stiles grew up in Claflin, Kansas, and attended Claflin High School. Jackie's athletic accomplishments are numerous, but she is best known 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, she won a state record 14 gold medals in track. She placed in the top three in state Cross Country all four years. She 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 was 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. 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 the 2001 WNBA draft, she was picked fourth by the Portland Fire. She captured the rookie of the year title. 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. Jackie's career was one that every player dreams of. These goals were not reached without lots of hard work and dedication to excellence. While Jackie was in high school, she made 1,000 shots a day to achieve these goals. If she had a rebounder it took her 2 hours. If she did not have a rebounder it took her 4 hours. This was a major sacrifice. She did this routine every day.

### Quotes

“Practice does not make perfect, perfect practice makes perfect.” ***Jacqueline Marie Stiles***

“Good, better, best. Never let it rest. Until your good is better and your better is best.” ***Tim Duncan*** (NBA MVP)

## **Interaction**

1. How do you think Jackie was able to accomplish all of these levels of excellence?
2. In what ways do you think Jackie had to make sacrifices in her life to achieve so much?
3. What are some things you are doing in an attempt to become excellent in your life?

## **Main Idea**

When we chase perfection, we catch excellence.

## **Take Away**

You are not born excellent. Excellence is earned. It takes consistent deposits of hard work and training to become excellent at something. Sometimes you need to make sacrifices every day.