

# Breaking the Slump

Regaining confidence at the line... when it really counts



**Helena Borland**  
**Pinewood High School,**  
**Los Altos, CA**  
**Coach: Doc Scheppler**

## Before Noah

### 10 Game Slump

- 4 for 19
- 21%
- Erratic arc

## After Noah

### Final 16 Games

- 15 for 21
- 71%
- Consistent arc

Helena Borland was a starting senior post player on the Pinewood High School varsity basketball team. She had a very nice shooting stroke for the short jumper, the free throw and all the way to the 3-point line.

During the first 7 games of the season, Helena shot a solid 74% from the free throw line, hitting 17 for 23, but then the dreaded shooting slump arrived. What brought it on? For the next 10 games Helena shot only 4 for 19 and her confidence was waning. During the slump she missed short and long. Some shots had high arcs and others were flat. Helena was unsure how to make the shot and kept guessing to try to find her “zone.”

Knowing that their recently acquired Noah system might help, Helena’s coach suggested she shoot a few Noah sessions after team practices simply to help her muscles remember the former free throw technique that she had previously shot so successfully. The Noah instant feedback reloaded Helena’s muscle memory and helped her regain her confidence.

The very next game, Helena pulled out of her free throw shooting slump, shooting 2 for 2. The following game she was 3 for 3. Helena finished the remaining 16 games of the season above 70% from the line, going 15 for 21. Each of those free throws was important during the critical playoff games as Pinewood played to defend their California state championship title.

Next year Helena will return to her home country of Denmark. She is hoping Noah will become available in Denmark so she can continue to benefit from the Noah training method.

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