

# HUSKIES HOPE TO IMPROVE SHOOTING WITH NOAH SYSTEM

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**By JIM WHYMER, Times Herald  
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Coaches contend a good offense wins games, but a strong defense leads to championships.

When Mark Dickinson took over the Port Huron Northern varsity girls basketball team last fall, he made sure the Huskies guarded opponents.

But they had trouble putting the ball in the basket.

"We really played pretty good defense all season," Dickinson said. "Offensively, we just struggled shooting the ball.

"We could run our sets but couldn't make shots. We would be open in the lane or at the elbow and not knock them down."

Dickinson searched for help to fix the shooting woes and came up with the Noah Select Shooting System.

The system consists of a laptop computer, along with portable station consisting of a video camera and audio system.

The Noah analyzes players' releases and forms when shooting free throws, 3-pointers and jump shots.

"I love it," said Maria Souphis, a 5-foot-10 junior forward/center. "It has really helped me a lot. I've improved my shooting.

"We had our problems last year with our offensive game. By using the Noah two or three times a week and during practice, we'll get better."

The Huskies, members of the Macomb Area Conference White Division, managed one win under Dickinson.

Northern's booster club bought the Noah Select in March.

Dickinson talked with former Marysville player and Grosse Pointe South girls Coach Kevin Richards, who bought the system last year. He also had a sales rep come to school.

The Noah Select provides optimal target angle, instant feedback on the distance for every shot taken, drills for getting the ball on line, footwork drills and an individual printout is provided on arc plot and distance.

"When I was shooting free throws or jump shots, my elbow was always out," said Olivia Souphis, Maria's twin. "By looking at the replay on the Noah, I can see if I'm using the correct form.

"I probably was under 50% at the free-throw line last year. This is going to help me shoot a better percentage this year."

Dickinson said the ideal shooting arch should be between 43 and 50 degrees. He



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shot on the system and found out he was a line-drive shooter with not a lot of arch.

Maria Souphis has made an adjustment on her free throws. She had a high arch, probably in the 57-degree range.

Dickinson said players have to adjust their shots when they are tired late in a game.

"I know it's not shooting in game situations, but you have to get the correct form in order to make those shots in games," Dickinson said. "I've seen very good improvement in many of our girls already.

"Our point guard, Kelly Kramer, has been on the Noah a lot and it's showing."

Dickinson has organized a shooting clinic from 8 to 11 a.m. July 18. He also lined up four training sessions in July and August.

"I'm not using this machine to only help our program. I want other area teams to benefit from it," Dickinson said. "By holding these shooting clinics, I want every team in the area to improve their shooting.

"Doing this once a month is not going to fix your shot or make you better. You have to do it a lot.

"Shooting is muscle memory. The more reps the better."

