In-season Noah Practice is Key

Time to purchase a second Noah system

Jody Craig
Head Women's
Basketball Coach
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Team Stats Before Noah	Team Stats After Noah
60% Free Throw	77% Free Throw

Jody Craig is Head Women's Basketball Coach at Foothill College, the premier Community College program in Northern California with eleven conference titles in the past 15 years and one Final Four appearance. As an innovative coach, Coach Craig was an early adopter of the Noah system for improved shooting. She had each member of her team use Noah on a regular basis during the pre-season and the first half of the regular season. The result? Team free throw statistics were the best Jody had seen during her tenure at Foothill with a 77% team average.

Then the team faced an unexpected competitor, a gymnasium upgrade. This gym remodel did not change the practice in any way except that the team no longer had access to the Noah system. Without the Noah system to refresh muscle memory, the team free throw stats took a dive to 60%. The players and the coaches were the same, but without Noah the team free throw percentage dropped by 17%.

Going forward, Jody makes sure that her team has access to Noah during the entire basketball season and during the off-season. She recently purchased her second Noah system so more team members would have access to the Noah Voice instant feedback while training. The second system also allows Noah to be active on both ends of the court during team scrimmages.

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