53% 3-point Shooting

Noah Training Key to Accelerating Improvement

Max Hooper
NorCal Tip Off Classic
3-pt stats: 9 for 17 (53%)

NorCal Tip Off Classic Tournament Max Hooper 3-point Stats

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Max Hooper was a solid performer as a freshman at Valley Christian, but he was determined to be an impact player the following year. During the off-season, Max followed a disciplined workout schedule that included 1,000 3-point shots per day. Half way through the summer, Valley Christian received their Noah system and Max immediately adopted Noah 3-point training, moving in just four months from Expert 1 to Expert 4, a shooting skill level achieved by only the most accomplished high school and college players. Max also achieved an even more difficult Master 1 skill level in free throw shooting, a muscle memory ability attained by only a handful of athletes in California.

In the very first game of his sophomore season, Max started for Valley Christian and saw his disciplined Noah workouts pay off. Max executed catch and shoot 3-point shots from all locations on the court and piled in the points. He finished with 31 points including 9 of 17 from 3-point range, an outstanding 53%. NorCalPreps noted Max's "picture perfect jumpshot" and the tournament organizers named him the Most Valuable Player. Max noted, "I improved so much faster after adding Noah to my training program for the last four months. I'm continuing to use Noah every day during the season." Valley Christian recently got a second Noah to further accelerate Max's shooting improvement curve.

Max has already recommended Noah workouts to a number of his Division 1 college friends including one who is expected to be an early round pick in the 2008 NBA draft.

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