

Donte Prioleau Testimonial on the Rich Stoner Training Methods

My son Donte Prioleau first picked up a basketball in August of 2012 at the age of 10 years old.

Assessment of my son's skills at that time:

1. Could not make layups (Left or Right handed).
 2. Couldn't reach the rim from the free throw line.
 3. Could not dribble with his left hand (He's a lefty).
 4. Could not dribble with his right hand.
 5. Wasn't able to participate in full length games because of a lack of conditioning.
 6. Tender joints
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Donte continued to play basketball at the REC level for that fall season over in Colonia for 2012.

- In the spring of 2013 Donte tried out and made the Hoop Nation travel basketball 5th grade practice team.
- He worked hard and played in a few games at the beginning. It was at this time that I enrolled my son in his first Rich Stoner skills development clinic.
- Rich Stoner's instruction along with his practice and game schedule continued to fine tune my son's skill sets for the remainder of the spring basketball season.

Assessment of my son's skills after the 2013 spring basketball season:

1. Could make layups (Left & Right handed).
 2. Could consistently shot and make free throws.
 3. Could dribble without loosing the ball with both hands effectively.
 4. Was able to participate in full length games better now because of conditioning.
 5. Still suffered from tender and sore joints (feet) after games and practices.
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Donte (now 11 years old) continued to play and was enrolled in the Hoop Nation travel basketball end of summer & fall season.

- It was at this point that enrolled Donte fully in the Rich Stoner skill sessions and conditioning sessions.
- After a few weeks of full participation within the Rich Stoner skill development sessions Donte's Hoop Nation and other coaches from other teams expressed to me the giant leaps in overall skill that my son has made on the basketball court. I referenced to everyone Donte's involvement in the Rich Stoner skill development sessions.

Assessment of Donte's skills after the 2013 fall basketball season:

1. Could make layups (Left & Right handed).
 2. Could finish contested layups both hands.
 3. Could consistently shot and make free throws when tire.
 4. Could dribble using effective crossover, between the legs, behind the back moves effectively.
 5. Participate for the full length games now because of better conditioning.
 6. No longer suffered from tender and sore joints (feet) after games and practices because of his better conditioning.
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Donte continued to play basketball for the winter season and enrolled to play on the Colonia 6th grade travel team.

- It was at this point that I continued with the Rich Stoner skill sessions and per the instruction of Rich enrolled Donte is the cross-fit endurance and weight training sessions.
- This is when my son's basketball transformation took a massive leap.

Assessment of Donte's skills during the 2013 & 2014 winter basketball season:

1. Could make contested layups in traffic against bigger players (Left & Right handed).
2. Could consistently shoot and make free throws when tired.
3. Could consistently make and shoot at a high percentage three point shots while contested.
4. Could dribble using effective crossover, between the legs, behind the back moves effectively.
5. Earned the right to become the starting point guard on the Colonia 6th grade travel team. Team final record was 11-2.
 - a. During this season Donte received the other teams full attention and constant double teams.
 - b. Donte's basketball IQ excelled because the situation training done by Rich Stoner in his skill sessions.
6. Participate and fully compete for the full length games now because of better conditioning.
7. Cross fit training pushed my son to the next level of overall strength and conditioning and enabled him to perform the following tasks:
 - a. Initiate contact on the basketball court
 - b. Absorb contact on the basketball court
 - c. Finish "and-ones"
 - d. Make shots in "crunch time"
 - e. Become the primary ball handler against the press.
8. No longer suffered from tender and sore joints (feet) after games and practices because of his better conditioning.
9. Successfully made his first national 6th grade AAU boys basketball team.
10. Successfully competing for a role on a national 7th grade AAU basketball team.

Final Thoughts:

As a parent I'm a full supporter of the Rich Stoner training techniques both on the basketball court and in the weight room. I've seen first hand the magic within the Rich Stoner training sessions as it relates to my son.

My son has progressed to making a national AAU boys travel team with only being exposed to basketball for less than 2 years. Thank you Rich for all your hard work and training with my son. My son mentioned to me that he now feels empowered on the basketball court and as a parent I know that he owes that all to you.

Thank you Rich Stoner.