



Summer in Almost Here!

If your sport of choice is playing games in the summer, you should still take time to train, especially your vision! If your sport is NOT playing games in the summer then you should ABSOLUTELY be working on your sport during the summer. We would love to help you train this summer. Take a look at the rest of our newsletter. We hope to hear from you. Have a GREAT SUMMER!

One more thing. In our last newsletter we gave away a couple books. We are doing that again in this newsletter. All you have to do is be the first to answer the trivia question below. Send your answer to

HowelltoSports2021@gmail.com

The first answer will win "Getting Focused - Staying Focused" by Alan Jaeger. Here is a description of the book:

A Far Eastern Approach to Sports and Life. Getting Focused Staying Focused book was written by Alan Jaeger. It serves as the theme behind all of the Jaeger Sports' training programs. As a teacher and practitioner of the Far Eastern Arts, he is able to offer an alternate approach to sports that transcends traditional psychological methods. Alan's personal training includes the study and practice of Yoga, Tai Chi, Aikido and Zen. His Psychological training was completed at California State University at Northridge. His post-graduate studies include a certificate from the University of Edinburgh, Scotland, for cultural studies.

[Take a look at it here.](#)

Here's the question:

In what year were women allowed to compete in the modern Olympic games and in what sport?

Thanks for reading and good luck!

"MUST HAVE" Tools to Begin Your Vision Training.

The Brock string was named after Frederick Brock, who developed it as a tool to help him correct his own vision problem.



The Brock String

When using the Brock string, one end is held at the tip of the nose, while the other is tied to a fixed point – often our patients will use a doorknob. Three beads on the string are placed at different distances, and the patient must focus on each of the beads. The Brock string helps develop better binocular vision.

One of the most important pieces of equipment for vision exercises when working on convergence is the Brock String. It offers instant feedback to the participant if their eyes are working together to focus on an object at various distances.



Contrast Vision Ring

Contrast Vision Ring

This is our latest product - The Contrast Vision Ring. Contrast sensitivity is getting more attention as an important aspect of vision. With this ring you can take it out in the evening shadows and test your contrast sensitivity.

The ring is tossed back and forth with the object to catch the correct colored ball. It will definitely improve your "sports vision". Four colorful poly-balls evenly spaced on a durable plastic ring. You use it by lightly tossing the Vision Ring up in the air, if practicing alone, or back and forth, if with another player.

Concentrate on catching one of the four balls, not the ring, using either two hands or one. Remember to always focus on the ball you are trying to catch. Once you feel comfortable with the Vision Ring, you will be able to move on to one of the three games described in the instruction booklet.

Why train your vision? A few vision facts: 80% of perceptual input is sports is visual. It takes 4/10ths of a second for the ball to reach the plate from the pitcher's release (this is true for both baseball and fast pitch softball) . Therefore, the hitter must decide whether or not to swing when the ball is about 1/3 of the way there. If you misjudge pitch velocity by 5 mph? your bat position will be inaccurate by about 2 feet. · If you misjudge the pitch velocity by 2-5 mph?your bat position will be off by 1 foot. · If you misjudge the pitch velocity by 1 mph? your bat position will be off by about 4 inches.This can mean the difference between swinging and missing or hitting a hard line drive.

Visual skills can be improved, you can train the eyes muscles just like any other muscle in the body with sport specific training. Judging velocity is the most difficult skill for most hitters to master. Depth perception is important.

Senaptec Strobe Goggles

As an athlete, the strobes take your training to another level. The curved liquid crystal lenses provides a full 180 degree field of view allowing users to enhance their visual skills in the training room, or on the field of play! Improve balance, anticipation, and reaction to gain the competitive edge! These are a must own training aid for any therapy room or athletic training center!



Senaptec Strobe Goggles



Vision Training Charts

Vision Training Charts

These charts are great for exercising your eyes. Athletes are always looking for an extra edge to help them perform better at their sport. You've probably thought about aerobic capacity, endurance, strength, muscle tone and flexibility. But in a sport where split-second timing can make all the difference, exceptional visual skills are a must. Many studies show that professional athletes have much better depth perception, hand-eye coordination and other visual skills than non-athletes.

Sports vision training can take you from good to exceptional, with a program that actually trains your vision to a point where you can truly excel in your sport. Talent, training and commitment get you far. Sports vision training can get you to the top.

Includes (3) charts, laminated for repeated use and instructions for each chart.
The hart and saccadic charts have grommets to attach to fencing.



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