



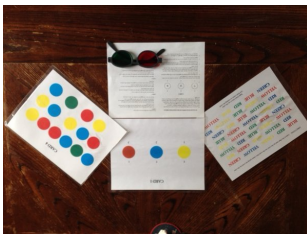
Are you Training now?

Thanks for opening our latest newsletter. In this edition you will find some great training products, some articles that will assist you improve and a question that will allow you to win one of our **Visual Acuity Rings**. That's right, Howell to Sports is giving away THREE of these vision enhancement products to the first 3 persons with the correct answer. Just send an e-mail to ed@howelltosports.com with the correct answer, your name and shipping address and you will receive our DVA Ring. Here you go:

Question:

Pitches traveling at 100 (baseball) or 70 (softball) mph take how many ms to travel from the pitcher to the hitter?

Unique Vision Training Products



Cognitive Vision Training Program

The purpose of our **Cognitive Vision Training Program** is to incorporate a hearing clue with a visual clue leading to a thought process resulting in a physical movement. When you do these drills you will be training your brain for the seven cognitive skills critical for sports: (1) attention, (2) focus & concentration, (3) memory, (4) pattern recognition, (5) problem solving, (6) decision making, (7) anticipation.

This product is so new it hasn't made it to our website yet. If you are a Pickleball player, and it seems that everyone is, you will definitely benefit from using this kit. If you are interested in hearing more you will need to e-mail to htsskeeter@gmail.com for more information. We look forward to hearing from you.



Pickleball Training Kit



Senaptec App

The Senaptec App

The Senaptec app provides remote access to the sensory training program. This subscription-based app can be used in your home or on the field.

How does it work?

The Senaptec App is portable training designed as an extension to the Senaptec Sensory Station. The Senaptec algorithm learns and adapts to help push people forward and achieve better results. We recommend a daily regimen of 10-15 minutes. As sensory skills improve, the Senaptec App will automatically increase the difficulty to continue honing these skills. Via a proctor portal, the app utilizes our secure cloud technology to manage data and to provide immediate comparative results, allowing you to fully manage your programs and progress.

Some Articles for Your Review

Should vision training be a part of your regular warmup before the training or game? Absolutely yes!

Athletes with sport-related concussions have increased speech errors

“I love you enough to allow you to fail ”It’s hard for us as parents but imperative for our children’s future success!

The Pareto Principle in Sports Performance: Why Less is More

In this video, Andrew Cook (one of our athletes) tells us how vision training improved his performance! Vision training must become a routine for every athlete if they want to level up their game!



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