



Vision Training Works!

If you have been reading our posts and newsletters you know that we believe **vision training works.** In this newsletter we will introduce you to a couple of new products, point you to a few studies, and lead you to our new, improved website.

Whether you are looking for a comprehensive vision and cognitive training program, a product to improve a particular aspect of vision, such as depth

perception, or just trying to find out if vision training works for you, Howell to Sports can help! We would welcome the opportunity to speak or discuss our performance, cognitive vision training with you. We truly do appreciate your opening and perusing our newsletters and Thanks for your support!

Howell to Sports Click this link to go to our new and Improved website.



Contrast Vision Ring Set

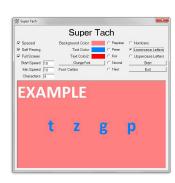
This is our latest product, our NEW and IMPROVED contrast vision ring. Contrast sensitivity is getting more attention as an important aspect of vision. With this ring, you can take it out in the evening shadows and test your contrast sensitivity.

The set consists on THREE rings so that you will not memorize the number for the colored ring.

The ring is tossed back and forth with the object to catch the correct colored ball. We have any a contrasting NUMBER to each ball to make the task more difficult. Now, you must not only catch the correct ball but call the number on the ring. This will definitely improve your "sports vision".

SuperTach

This is an at-home version of a tachistoscope. A tachistoscope is a device that displays an image for a specific amount of time. It can be used to increase recognition speed, to show something too fast to be consciously recognized, or to test which elements of an image are memorable.



This tachistoscope Software Program is a short-term training modality that trains visual recognition, short-term memory, and visual processing. This type of brain training can be used as part of a NVT training program for performance enhancement or rehabilitation. Many sporting activities require rapid processing of visual images and the T-Scope is a great tool to train this process.

This is not MAC compatible. It comes in a USB drive.

Articles, Studies and Links

Did you know your eye muscles can be trained?

The skills required by an elite football player all depend on vision skills

NeuroTracker Science Series - Correlation to NBA Metrics

Vision Training Tools for Beginners: How to Choose the Right One?

Creating New Neural Pathways for Superior Skills: The Athlete's Guide to Neuroplasticity

NeuroTracker Science Series - Elite Athlete Abilities



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