



Have You Begun Your Vision Training?

Howell to Sports has been assisting players, coaches and teams with vision programs for over twenty years. If your organization has never undertaken this very important training protocol, we would welcome the opportunity to help you start. **Call Ed at 856-381-8888 or e-mailed@[howelltosports.com](mailto:ed@howelltosports.com)** to talk about setting up your vision training program.

Take a look at some of our basic vision products following. **[Please read our articles on vision training.](#)**

We have also added a links section for your reading pleasure. Thanks for being a loyal reader of our newsletters. Not that summer is over we hope to send these newsletters every week. Have a great week!

Senaptec Strobe Training Goggles



Senaptec Training 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 visuals 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!

These goggles can be used for almost any sport. Check out these links to see

how elite athletes are using them.

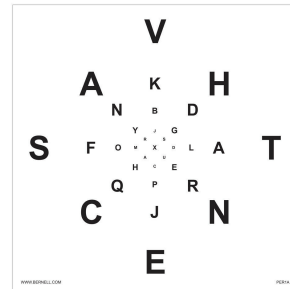
The Top Secret Tool That Stephen Curry Uses to Train His Brain - They're called "strobe glasses." And they're fascinating.

Marquette Volleyball Strobe Training

Softball Strobe Training

Peripheral Vision Training Chart

Peripheral awareness chart develops the ability to maintain fixation over time. It also improves peripheral awareness and helps to avoid peripheral vision restrictions and to reduce visual stress. Great for sports where peripheral vision is important, especially football, hockey, basketball and others.



Peripheral Vision Chart

Peripheral vision is more important to sports performance that you might think. Your peripheral vision goes into your brain 25 percent faster than your central vision [what you use to read the eye chart]. About 20 percent of your peripheral nerves aid your ability to remain balanced.

Exercise Your Eyes to Increase Peripheral Vision for Athletics. ... We can also use our peripheral vision to relax. Concentrate on looking as far out to the side as you can while slowly taking deep breaths. This peripheral expansion exercise relaxes the visual system.



Overload Vision Ring

Overload Vision Ring

Our latest vision ring taxes your concentration and your eyes. We have overloaded this ring with (6) balls, making it more difficult to catch the correct color. It comes with an instruction manual.

Vision Training Article Links

How Vision Training Is Shaping the Next Generation of Football Players

Sports Vision Training for Basketball Skills

Seeing is Everything

How are you training your player's vision?



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