



## Summer is Coming to a Close - Time to Train

Believe it or not, it's almost time to return to school. Most baseball and softball leagues are completed. Are you ready to stop playing and train to improve yourself?

One of the most important aspects of EVERY sport is vision. Do you currently train in any way to improve your sports vision? If not, now is the time to begin.

Take a look at this article to see [3 Reasons Sports Vision Training can Improve Your game.](#)

Take a look below at a few of our products that we KNOW will improve your sports vision. In addition, we point you to a few links to attempt to convince you of the importance of vision training. Howell to Sports would welcome the opportunities to work with you to improve your performance. Thanks for reading,

## Vision Links for Your Questions

### [HTS Articles and Links](#)

### [Why Sports Vision Training?](#)

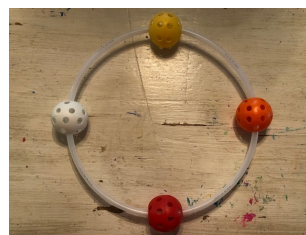
### [Dynamic Visual Acuity and Sports Performance](#)

### [Increasing Football Performance Through Vision Training](#)

# UNIQUE VISION PRODUCTS

## 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.



*Contrast Vision Ring*

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.



*Contrast Vision Program*

## Cognitive Vision Program

The purpose of this product 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.

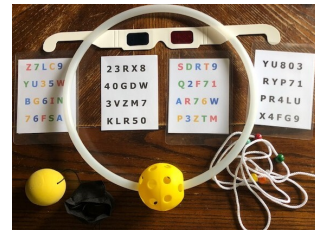
Using this program will assist you in training your brain, eyes and muscles together. It will allow you to train the "quiet eye" as proposed by Joan Vickers in

1996. The quiet eye is the final fixation on a specific object in the visuomotor workspace, ie. the way your eye/brain and body perceives the ball right before you hit it. It has been shown that experts in their field demonstrate a better quiet eye than less experienced players. It has also be shown that the quiet eye can be trained. This will help.

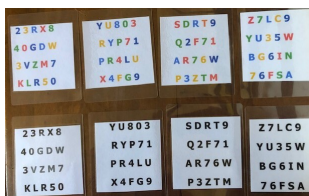
When you purchase our cognitive vision program you will receive 5 decision cards, one jugglestick, one set of near-far charts with drills and instructions.

### DVA Pickleball Kit

The DVA Pickleball kit will improve your Pickleball game as well as your Dynamic Visual Acuity. It includes (1) mini vision ring, (1) wrist bounce back ball, (1) 6' Phy-Dip string, (1) set of vision charts and (1) red/blue glasses. Instructions are also included.



DVA Pickleball Kit



A.C.E. Charts

### A.C.E. Charts

The HTS A.C.E. (Attention, Concentration Evaluation) chart set helps you develop attention to detail, concentration and speed of recognition. It includes eight laminated charts, one set colored and one set black. It includes an instruction sheet with several drills. This is a great, inexpensive product to improve your concentration.



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