



Check Out our New Website!

Howell to Sports has launched our new website. Please take a look at it here: <https://htsvtraining.com/> It's brand new and we will be adding links and articles periodically so please check it out once in a while.

Check out our [download page](#) for some free training charts.

Please check out the rest of our newsletter for new articles, links and recommended training products. Thanks for reading!

Articles you might be interested in

[St. Louis Cardinals slugger Pujols gets Babe Ruth test at Washington University](#)

[Dynamic vision training transfers positively to batting practice performance among collegiate baseball batters](#)

[The Impact of a Sports Vision Training Program in Youth Field Hockey Players](#)

[Visual adaptations to sports vision enhancement training
A study of collegiate athletes at the US Air Force Academy](#)

[Sports Vision: Influence on Athlete's Performance](#)

Products You Should Try



Visual Performance X-Trainer

Visual Performance X-Trainer

Please take a look at this pdf to see what this product can do.

There are 10 different posters or 5 different Sets. Each Set has a letter (Located on bottom line of poster)

These charts are great for outdoor use, made of vinyl. Perfect for pregame warmups. There are several ways

to use these charts:

As saccadic charts - Saccades are rapid, ballistic movements of the eyes that abruptly change the point of fixation. They range in amplitude from the small movements made while reading, for example, to the much larger movements made while gazing around a room. Saccades can be elicited voluntarily, but occur reflexively whenever the eyes are open, even when fixated on a target.

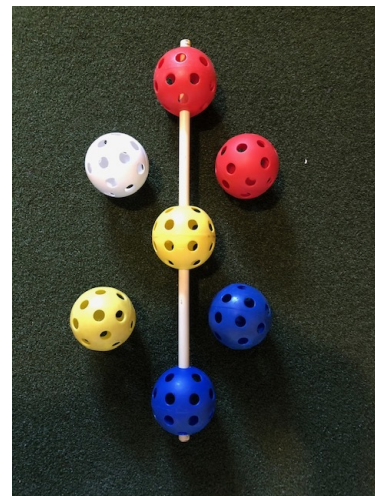
As decision making charts - as we all know, decision making is an integral part of every sport. The quicker your eyes can recognize what is about to happen, the better your decision will be and the better your performance will be.

As speed of recognition charts - expert athletes extract more task-relevant information from each fixation than do less skilled athletes, and that player's proficiency influences the strategy used in the treatment of visual information. Speed of recognition can be improved.

This price is for ONE Chart. In addition to the chart you will receive some ways to make it more challenging.

SOR Softball - Speed of Recognition Stick

To fully reach your potential, you have to refine your skills and get bigger, faster, and stronger. This is an ongoing process that becomes more and more imperative at every level. As the game gets faster, so do you. The eyes and brain are no different. The problem is that many athletes never even have a legitimate assessment, let alone do any training to enhance their ability to see, decide, and react. The eyes not only guide us in sports but in almost everything we do. Around



Speed of Recognition

80% of all sensory input sent to the brain for learning is through the eyes.

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.



Overload Ring

Overload Vision Ring

What sets our Vision Ring apart is its ability to provide a multifaceted training experience. It's a versatile tool suitable for athletes of all levels and backgrounds. Whether you're an aspiring athlete looking to refine your hand-eye coordination or a seasoned professional aiming to maintain peak performance, this Vision Ring offers a dynamic and engaging training option.

These are on Our Website

[The Science Behind Improved Reaction Times in Sports](#)

[The Impact of Vision Training on Athletic Performance](#)

[Christmas Presents from HTS](#)



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