



Staying On Top Of The Game

Sports are continuously changing. New products are being made and new studies are coming out. So with this in mind, we are always trying to find the next best thing for our players.

Here at Howell To Sports we try to help your search for your schools and athletes go smoothly. That's why we are always updating you on the latest and greatest products and articles that we come across. So if you are looking for something new, or are just in the mood for browsing, please check out this newsletter or head over to our [Website](#) for even more material!

Thank you for your time and we hope you find these articles helpful!

[Fields of Dreams: Trends & Best Practices in Sports Turf](#)

Choosing the right outdoor sports surface for a playing field or track can be challenging for facility managers and owners. Whether installing a brand-new synthetic or natural turf field or upgrading what you already have, stakeholders must always first consider the safety of users, while balancing other factors such as initial funding, and future maintenance costs, experts say.....

[Brock String Exercise:](#)



Brock String

One of the most important pieces of equipment for vision exercises when working on convergence is the Brock String. It offers instant feedback to the participant if their eyes are working together to focus on an object at various distances. Children with reading problems or who are slow readers often have problems with convergence. Children with

Strabismus (one eye turned inward or out while the other eye is on the visual target) definitely could use practice with the Brock String. Individuals with Amblyopia (one eye seeing things blurry and the other eye sees things in focus) can also benefit from exercises with the Brock String.....

Strabismus (one eye turned inward or

*You can get the Brock String on our [Website](#) for only \$6.95!

Best of BP 2015: Setting Up the Spike

Four years into his professional career, Oakland's Jose Torres was still a project. He'd shown some feel for pitching, but his mechanics were messy and his numbers had gone backward in his second spin through short-season ball. The A's weren't sure what to do with him in 2015.....

Soft Toss: Behind Driveline Baseball

Above the mesh net lining the rear wall behind Driveline Baseball's full-length mound sits The Judge. It, along with several other radar guns scattered across the facility's stations, is the ultimate arbiter for the pitchers honing their craft below. The gun renders judgement on every effort and throw, illuminating progress and shaming every half-assed repetition for all the trainers and professionals to see. There's nowhere to hide, especially during pulldowns, the showstopper amidst a series of monotonous weightlifting,



Weighted Balls

bandwork, muscle isolation drills, and warm downs.....

*You can purchase Weighted Balls on our [Website](#) for \$8.00 each!

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