



How To Help Your Team Be The Best They Can Be

Thank you for opening our latest newsletter. In this weeks' newsletters we point you toward a few interesting articles and show you some great vision training products!

Article of Eye Movements

Sometimes you Need to Change what you do, even if it helped you win.

Why play sports, be in the band or theater?

The Importance of Visualization

The Role of Vision in the Science and Art of the Putting Stroke in the Sport of Golf

"Being able to precisely visualize the most accurate ball pathway after ball displacement is a key factor to success in putting. Vision plays an important role in assisting a golfer to maintain a square putter head stroke, ascertain the best line or path of the ball, accurately determine the slope of the green, sustain positive visual images, and optimize gaze control during the putting process."

Finally, if you want to start a vision training program for you or your athletes please take a look at these products from Howell To Sports. For a limited time you can use the code **htscust** when you check out to receive a 10% discount on the Progressive Vision Ring Set!! Thanks for reading!

