



A Sale Too Good To Miss

Thanks for opening this issue of Howell To Sports newsletter. In this issue we are again focusing on vision and cognitive training for athletes. Please check out our [BLOG](#) for much more on this type training.

Both vision training and cognitive training are critical to athletic performance. We have included 3 articles on these new fields. Hope they get you thinking. We have recently added a couple new products to our website, the [Senaptec Strobe Training Goggles](#). So please check them out! And, as an added bonus, we are offering a 10% discount on anything but the Senaptec goggles. Just use this code, 10%15 when you check out.

Please e-mail to ed@howelltosports.com or call us at 856-381-8888 with any questions. Thanks for opening our newsletter.

[Eye movement training is most effective when it involves a task-relevant sensorimotor decision](#)

"Eye and hand movements are closely linked when performing everyday actions. We conducted a perceptual-motor training study to investigate mutually beneficial effects of eye and hand movements, asking whether training in one modality benefits performance in the other. Observers had to predict the future trajectory of a briefly presented moving object, and intercept it at its assumed location as accurately as possible with their finger. Eye and hand movements were recorded simultaneously. Different training protocols either included eye movements or a

combination of eye and hand movements with or without external performance feedback. Eye movement training did not transfer across modalities: Irrespective of feedback, finger interception accuracy and precision improved after training that involved the hand, but not after isolated eye movement training....."

Why Major League Baseball is '90% mental' now more than ever

"They're the ones nobody ever sees. They're not introduced in the opening-day pageantry. They don't wear uniforms. They don't have lockers in the clubhouse.

Some even have weird titles, just to protect their anonymity. Yet, behind the scenes, there are proving as invaluable as any staff member in a Major League Baseball organization.

Mental skills coaches, employed by a record 27 baseball clubs to open the 2018 season, are valued more than ever....."

Augmenting HS Budgets with Athletics Sponsorships

"In the current economic climate, public education programs are squeezed for every penny allocated and educators are forced to make-do with less. The effect of budget shortfalls is manifested in larger class sizes, reduced bus services and fewer classroom resources. Particularly hard hit in this recession have been extracurricular programs such as athletics. Creating student participation fees, cutting back on scheduled events and dropping programs altogether have been some of the ways schools have addressed budget shortfalls....."

Check Out Our Other Products!



[Like](#) [Tweet](#) [in](#)

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®