



Some Ways On How To Train Better

Thank you for opening our latest newsletter. In this weeks' newsletter we point you toward some interesting articles and talk to you about a couple products associated with these articles.

Our first article talks about [walking the parent coach tightrope](#).

In our second article [visual tracking speed](#)

The third article is about [cognitive training and sports performance](#).

The final article shows you [how to train the Renaldo way](#).

We appreciate your reading our articles. If you have any questions on vision training or cognitive training and are interested in getting started with a specific plan for you or your team please give us a call.

Check out our [cognitive training program](#) and our [vision rings](#). If you have any questions please don't hesitate to call us at 856-381-8888 or e-mail us at sales@howelltosports.com

Finally, we hope you read the articles we included in this newsletter and maybe check out our blog and website. Thanks again for your support and readership.



Cognitive Vision Training Program



Progressive Vision Ring Set

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