



Check out some great articles on vision training and weighted implement training.

Thanks for opening our latest newsletter. We are pleased to give you some interesting articles, a new trivia question, and, of course, some great deals on our products. Enjoy and please tell your friends about us.

Why should you train with weighted implements?

[Here is an interesting study on throwing overload and underload balls.](#)

[If you want to get deeper into the Weighted Ball research, this study from ASMI which analyzes Biomechanics of Weighted Ball throws is worth the time](#)

[There's a reason people have been doing weighted bat training for years. It works.](#)

You really need to consider adding vision training to your practices or training sessions.

What is vision training and why is it important?

If you want to learn a LOT about vision training and have tons of time, [check out this website](#).

Finally, check out our [blog on vision training](#).

Howell To Sports now has an e-bay store. Check it out for some great pricing on some of our products.

Thank you for reading our newsletter and please try to answer our trivia question on the [front page of our website](#). The first correct answer wins one of our basic vision packages.



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