

Basic Vision Rings

Mini Ring (one ball).....	\$5.00
Double Ring (two balls).....	\$7.00
Triple Ring (three balls).....	\$10.00
Super Vision Ring (four balls).....	\$15.00



Vision Rings are used to improve tracking, depth perception, and fine focus abilities.

Great pregame or pre-practice warm-up tool. The eyes are muscles and benefit from a warm up as the body muscles do.

Concentrate on catching one of the four balls, not the ring, using either two hands or one.

-

The Senaptec Synchrony Pro

\$895.00

Anticipation timing is an essential skill you rely on every day. The simple act of catching a ball requires your eyes to track motion, your brain to judge distance, speed, and trajectory, and your muscles to move in time with the ball's arrival. The Senaptec Synchrony provides an effective and fun solution engineered to sharpen and refine these judgement calls - both in sport and in everyday life.

Why go Pro? The Synchrony Pro travels beyond the capabilities of the standard Synchrony, with the Proximity Sensor serving as the ticket to a personalized experience.

The Senaptec Proximity Sensor activates based on sound, motion, or breaking a light beam, delivering excellent accuracy and removing training limitations. To illustrate, a baseball player could activate the Senaptec Proximity Sensor when swinging a bat over the device. The result? A breakthrough experience that allows the user to train their anticipatory response while performing the action using their tools for competition. The Senaptec Synchrony is a brand-new, patented technology designed to train eye-hand timing, responsiveness, and accurate judgment of moving objects; the Senaptec Synchrony uses LED lights to simulate motion. The device is controlled with your own Android smartphone or tablet with the Synchrony App, a free download from the GooglePlay Store. Each module is customizable to create individual programming. After each session, a detailed performance scorecard is generated. Additional triggers and LED extensions are available for purchase to further tailor to your needs.



322 Friendship Rd * Clarksboro, NJ 08020 * 856-381-8888

ed@howelltosports.com * www.howelltosports.com



The Senaptec Synchrony

\$295.00

Anticipation timing is an essential skill you rely on every day. The simple act of catching a ball requires your eyes to track motion, your brain to judge distance, speed, and trajectory, and your muscles to move in time with the ball's arrival. The Senaptec Synchrony provides an effective and fun solution engineered to sharpen and refine these judgement calls - both in sport and in everyday life.

The Senaptec Synchrony is a brand-new, patented technology designed to train eye-hand timing, responsiveness, and accurate judgment of moving objects; the Senaptec Synchrony uses LED lights to simulate motion.

The device is controlled with your own Android smartphone or tablet with the Synchrony App, a free download from the Google Play Store. Each module is customizable to create individual programming. After each session, a detailed performance scorecard is generated. Additional triggers and LED extensions are available for purchase to further tailor to your needs.



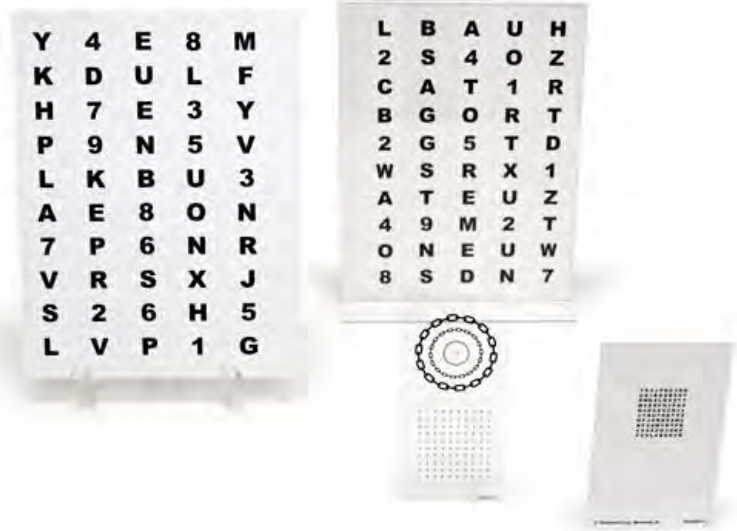
322 Friendship Rd * Clarksboro, NJ 08020 * 856-381-8888

ed@howelltosports.com * www.howelltosports.com



Z-Axis Accommodative Chart

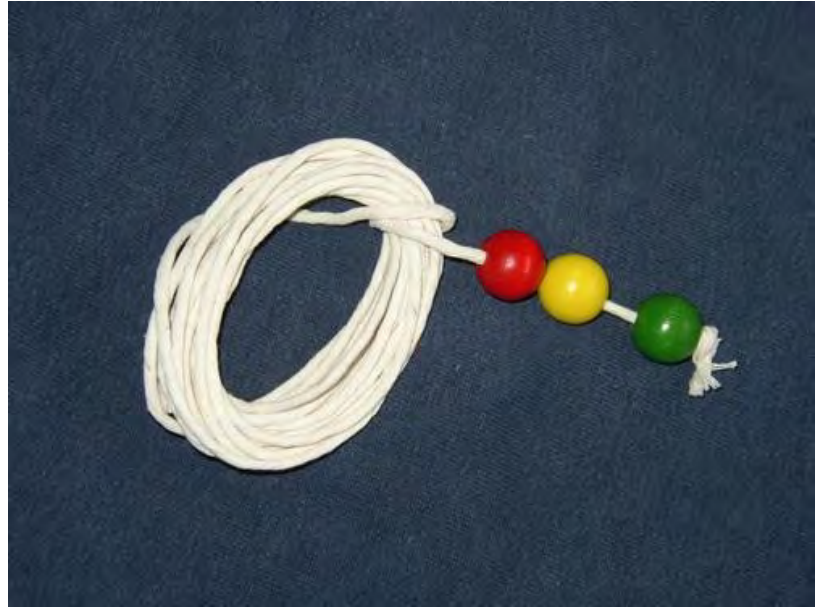
\$34.95



The new Z axis accommodative rock chart add an additional challenge to the traditional Hart Chart therapy. The numbers or letters of the original Hart Chart have been separated on to two charts by putting every other line of digits onto a second chart. The letters on the second chart are 50 percentage of the original. The point of the exercise is to add a third distance for accommodation between traditional near and distance chart. This chart may be placed at various distances or positions. This is an excellent sportsvision activity.

Brock String

\$12.95



The Brock string was named after Frederick Brock, who developed it as a tool to help him correct his own vision problem.

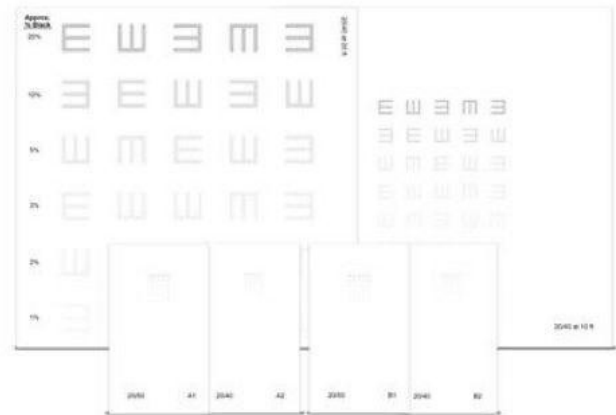
When using the Brock string, one end is held at the tip of the nose, while the other is tied to a fixed point – often our patients will use a doorknob. Three beads on the string are placed at different distances, and the patient must focus on each of the beads. The Brock string helps develop better binocular vision.

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.



Contrast Sensitivity Chart

\$19.95



Includes:

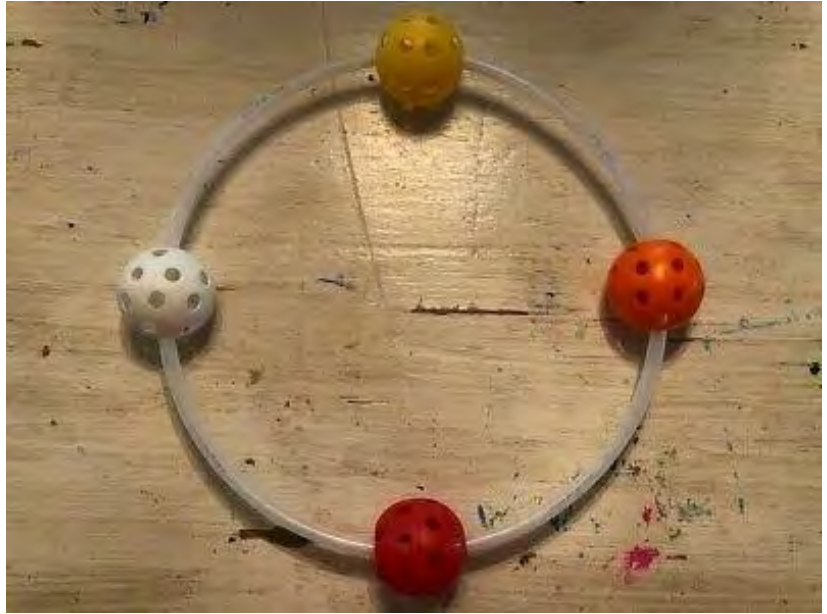
- 1 Distance Chart (Front/Back)
- 2 Near Cards (One similar to far & 1 dissimilar)
- Instruction Manual

Contrast sensitivity is a key finding in many areas of daily life, such as driving and reading low contrast newspaper text. It is especially important for sports vision tasks. Picking up a basically white baseball against a cloudy white sky, depends not only on visual acuity, but even more so on contrast sensitivity. The Tumbling E Accommodative Contrast Charts are designed to be used in normal room illumination and at a 10 foot testing or training distance, and the near chart at 16 inches.

- Distance chart is 8.5" x 8.5" and Near Cards are 2.5" x 4.25".
- Printed on cardstock.

Contrast Vision Ring

\$15.00



This is our latest product - The Contrast Vision Ring. Contrast sensitivity is getting more attention as an important aspect of vision. With this ring you can take it out in the evening shadows and test your contrast sensitivity.

The ring is tossed back and forth with the object to catch the correct colored ball. It will definitely improve your "sports vision". Four colorful poly-balls evenly spaced on a durable plastic ring. You use it by lightly tossing the Vision Ring up in the air, if practicing alone, or back and forth, if with another player. Concentrate on catching one of the four balls, not the ring, using either two hands or one. Remember to always focus on the ball you are trying to catch. Once you feel comfortable with the Vision Ring, you will be able to move on to one of the three games described in the instruction booklet.

HTS Home Hitting Package

\$46.95



We've put together a complete indoor Home Hitting Package that will help you increase bat speed, decision making, off-speed hitting and eye-hand coordination. It's a great little package to workout daily in your basement, spare room or attic. **The package includes (1) wooden stick ball bat, (6) golf wiffle balls, (6) XLR8 balls, (12) koosh balls of various sizes and colors.** How will this help?

- By using a lighter bat you will increase bat speed. You will be teaching your mind and muscles how to move faster. **Underload training is a proven technique for increasing bat speed.**
- By having different objects and colors to hit, you can work on your decision making skills; if I toss a yellow golf ball you swing, if I toss a red koosh ball you DO NOT swing. You can make up your own patterns and goals.
- By short tossing the XLR8 balls with the golf balls you can work on staying back to hit the change and being ready to hit the fastball.
- Finally, because the bat and object are smaller than normal you will be working on eye-hand coordination.

By next spring you should be much improved and ready to go.

Mini Ring

\$7.50



The mini ring is an excellent introduction to vision training. This one ball on the ring will improve hand-eye coordination, tracking ability and decision making.

Your players will enjoy this vision training and competition.

Includes instruction manual.

Howell
To Sports

MVP Wiffle Ball Package

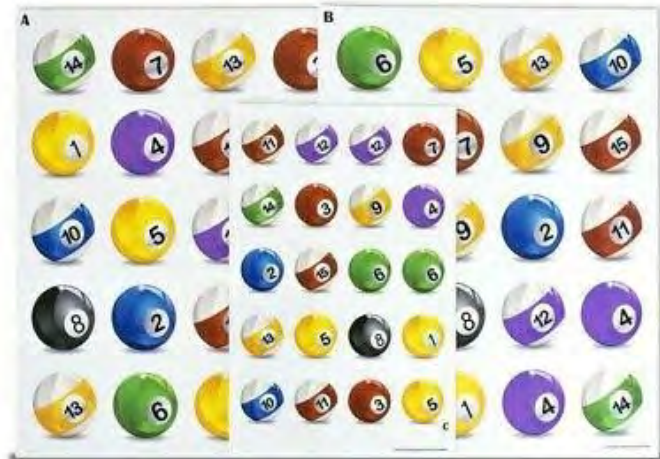
\$15.00



This package comes with color hitting drills, 12 labels for your bat when using the drills, 12 Original Wiffle Golf balls, shipped directly from the Wiffle Ball co., Inc. (2) each Red, Yellow, Green and Blue and (4) White. Also comes with instructions for use and drills.

Near/Far Charts by Mike Peters

\$49.95



Developed by Dr. Michael Peters OD, author of *"See to Play: The Eyes of Elite Athletes"*, this sports vision exercise trains athletes to keep eyes up for "heads up" for distinct gaze control while performing eye, hand, body and mind activities. It improves stabilization of gaze while the body is performing athletic maneuvers, core body stabilization and trains decision making with separate right brain and left brain activities while filtering out visual noise. This exercise is also used in vision concussion rehabilitation as a clinical and home exercise. Comes with 4 page instruction manual

Overload Vision Ring

\$25.00



Our latest vision ring taxes your concentration and your eyes. We have overloaded this ring with (6) balls, making it more difficult to catch the correct color. It comes with an instruction manual.

Peripheral Vision Practice Chart

\$5.00



Peripheral awareness chart develops the ability to maintain fixation over time. It also improves peripheral awareness and helps to avoid peripheral vision restrictions and to reduce visual stress.

Cardboard chart, size: 32 x 32 cm.

Peripheral vision is more important to sports performance than you might think. Your peripheral vision goes into your brain 25 percent faster than your central vision [what you use to read the eye chart]. About 20 percent of your peripheral nerves aid your ability to remain balanced. To understand how much your peripheral nerves impact your balance, try standing on one foot with your eyes open, then with your eyes closed. You will feel a big difference!

Peripheral Vision Training Chart

\$10.00



Peripheral awareness chart develops the ability to maintain fixation over time. It also improves peripheral awareness and helps to avoid peripheral vision restrictions and to reduce visual stress. Great for sports where peripheral vision is important, especially football, hockey, basketball and others.

Peripheral vision is more important to sports performance than you might think. Your **peripheral vision** goes into your brain 25 percent faster than your central vision [what you use to read the eye chart]. About 20 percent of your **peripheral** nerves aid your ability to remain balanced.

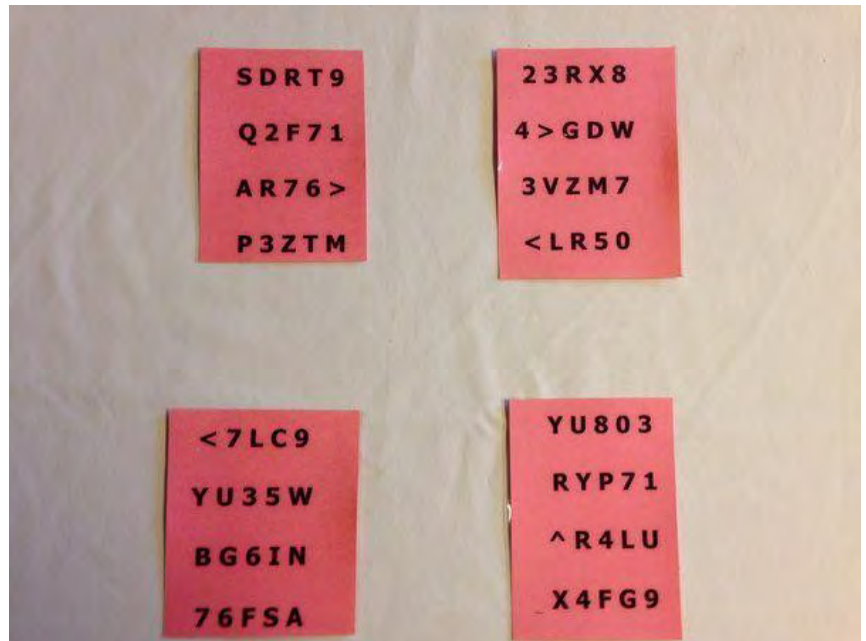
Exercise **Your Eyes to Increase Peripheral Vision** for Athletics. ... **We can** also use **our peripheral vision** to relax. Concentrate on looking as far out to the side as **you can** while slowly taking deep breaths. This **peripheral** expansion exercise relaxes the visual system.

Material: Cardboard chart

Size: 12" x 12"

Laminated Saccadic Charts

\$2.00



These laminated charts are great for improving your eye's saccadic vision. The saccadic eye movement shows how fast the visual system can fixate on an object. Improvement in these two parameters indicates that the visual system can change fixation very fast and clearly see a new fixation point promptly. Most movements in sport require saccadic eye movements in order to observe parts of the action. Volleyball requires visual angular velocities in excess of 500 degrees per second to track the trajectory of a spiked ball. Saccades can reposition eyes at angular velocities exceeding 700 degrees per second. Pursuits and saccades allow the brain to read and understand a scene faster and with greater clarity, so that the athlete's body can respond with the best decision as quickly as possible. Pursuits and saccades allow the brain to read and understand a scene faster and with greater clarity, so that the athlete's body can respond with the best decision as quickly as possible. Eye muscles, like any other muscles in the body, are susceptible to fatigue. Athletes can improve their pursuits and saccadic visual skills with a program of vision training, including saccadic eye movements and eye tracking exercises.

Plastic Flat Bat

\$100.00



This innovative, sturdy hitting device improves eye-hand coordination, as well as proper grip and swing techniques.

Unlike the wooden, version this high impact plastic model can be used to hit regulation baseballs and softballs.

For bunting drills, watch the ball go through the hole or turn on side to hit on the edge.

Can also be used for pepper, off a tee or with soft toss and/or short toss.

Green/Red Fusion Cards

\$2.50



Less Expensive version of the Sports Fixation cards. Great for exercising divergence and convergence.

When you look at a nearby object, **your eyes** move inward to focus on it. This coordinated movement is called **convergence**. It helps you do close work like reading or using a phone. **Convergence** insufficiency is a problem with this movement.

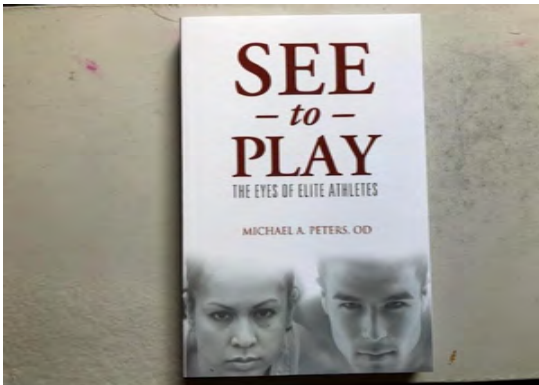
Divergence is the opposite of convergence and is the ability to turn the two **eyes** outwards to look at a distant object.

In sports your eyes converge when looking at something near and diverge when something at a distance. They are converging and diverging **ALL THE TIME!**

Howell To Sports

Near/Far Charts + See to Play book by Mike Peters

\$65.00



Developed by Dr. Michael Peters OD, author of *"See to Play: The Eyes of Elite Athletes"*, this sports vision exercise trains athletes to keep eyes up for "heads up" for distinct gaze control while performing eye, hand, body and mind activities. It improves stabilization of gaze while the body is performing athletic maneuvers, core body stabilization and trains decision making with separate right brain and left brain activities while filtering out visual noise. This exercise is also used in vision concussion rehabilitation as a clinical and home exercise.

In addition, you will receive Mike Peters book, *See to Play*. It's 300 pages of great reading with many vision training exercises included and explained.

Comes with 4 page instruction manual

Senaptec Strobe Training Goggles

\$325.00



What would you do to have more time in those clutch moments of the game? To slow the clock down and engage your body and mind? Through sensory training with Senaptec products, you're enhancing your sensory system and will begin to receive information sharper, processes it quicker, and react faster than those around you, essentially slowing the game down around you and giving you the competitive edge.

The Senaptec Strobe is designed to train the connections between your eyes, brain, and body. Using liquid crystal technology, the lenses flicker between clear and opaque, removing visual information and forcing you to process more efficiently. The Senaptec Strobe can be integrated into existing training drills and exercises.

CASE & ACCESSORIES INCLUDED

All Strobes come with a soft shell carrying case to ensure you can safely take your Strobes wherever training calls you. Charging and changeable nose pieces are also included.

BLUETOOTH FUNCTIONALITY

With the Senaptec Strobe App, you can control your Strobes from the convenience of your smart phone!

The development of prevention strategies is critical to address the rising prevalence of sport-related concussions. Visual and sensory performance may influence an individual's ability to interpret environmental cues, anticipate opponents' actions, and create appropriate motor responses limiting the severity of an impending head impact. The purpose of this study was to determine the relationship between traditional and visual sensory reaction time measures, and the association between visual and sensory performance and head impact severity in college football players. Thirty-eight collegiate football players participated in the study. We used real-time data collection instrumentation to record head impact biomechanics during games and practices. Our findings reveal no significant correlations between reaction time on traditional and visual sensory measures. We found a significant association between head impact severity and level of visual and sensory performance for multiple assessments, with low visual and sensory performers sustaining a higher number of severe head impacts. Our findings reveal a link between level of visual and sensory performance and head impact biomechanics. Future research will allow clinicians to have the most appropriate testing batteries to identify at-risk athletes and create interventions to decrease their risk of injurious head impacts.

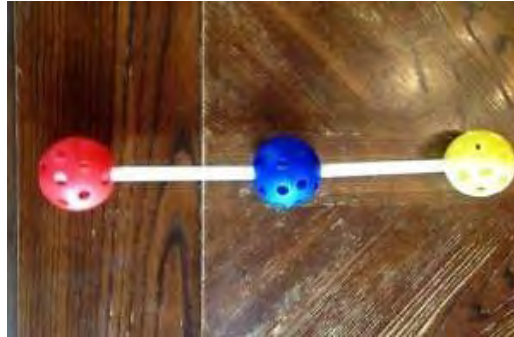
As an athlete, the strobes take your training to another level. The curved liquid crystal lenses provides a full 180 degree field of view allowing users to enhance their visuals skills in the training room, or on the field of play! **Improve balance, anticipation, and reaction to gain the competitive edge!** These are a must own training aid for any therapy room or athletic training center!

More Info About the New and Improved Strobes: • Curved liquid crystal lenses for a full 180 degree field of view • Adjustable monocular and binocular modes • Adjustable difficulty levels to use for drills from catching to balance • Easy to read OLED display to show level, mode, and battery life • More opaque lens than prior generation products for outdoor use • Integrated battery rechargeable over standard USB connection • Backed by research studies that show improvement in visual skills • O-ring gaskets to keep sweat and moisture out • Elastic strap to keep eyewear tight on head during sport movement • 2 buttons to easily adjust modes and difficulty level
What is the warranty period? Senaptec provides a standard 1-year limited warranty.
What is your return policy? 30-day money back return policy, so long as the product is returned in the original packaging and is in re-sellable condition.

Howell
To Sports

SOR - Speed of Recognition Stick

An MVP Product



\$17.00

The SOR stick consists of one stick with three balls and (4) additional balls. It also comes with an instruction sheet.

Can be ordered in baseball or softball sized balls.



The eyes not only guide us in sports, but in almost everything we do. Around 80% of all sensory input sent to the brain for learning is through the eyes.

Using this program will assist you in training your brain, eyes and muscles together.

This is the process that every action in sports and school follows. First you must **SEE** it. This involves much more than just seeing 20/20 or seeing clearly. Seeing clearly doesn't help you judge the speed or location of a ball. It doesn't help you be more aware of game time surroundings, because it doesn't give you enough information to be in the right place at the right time to make the great play. Your vision is made up of many functional skills, such as depth perception, tracking, and focusing. They all work together to help you perceive your surroundings as best as possible.

MVP Stands for Mental - Visual - Physical

This product is a tool that provides instruction for all aspects of training. It challenges your brain to make the correct decision quickly. It challenges your visual system to connect to your brain quickly. It challenges your body to make the correct movements quickly.



Sports Fixation Cards

\$7.50

Sports Fixation Cards

For fusional convergence and divergence reserve training. Instruction card included. Comes on white cardstock or transparent plastic. *This price is for a set of 5 cards.*

Please indicate if you would like cards for All sports, baseball, football or soccer.
White or transparent plastic background

When you look at a nearby object, **your eyes** move inward to focus on it. This coordinated movement is called **convergence**. It helps you do close work like reading or using a phone. **Convergence** insufficiency is a problem with this movement.

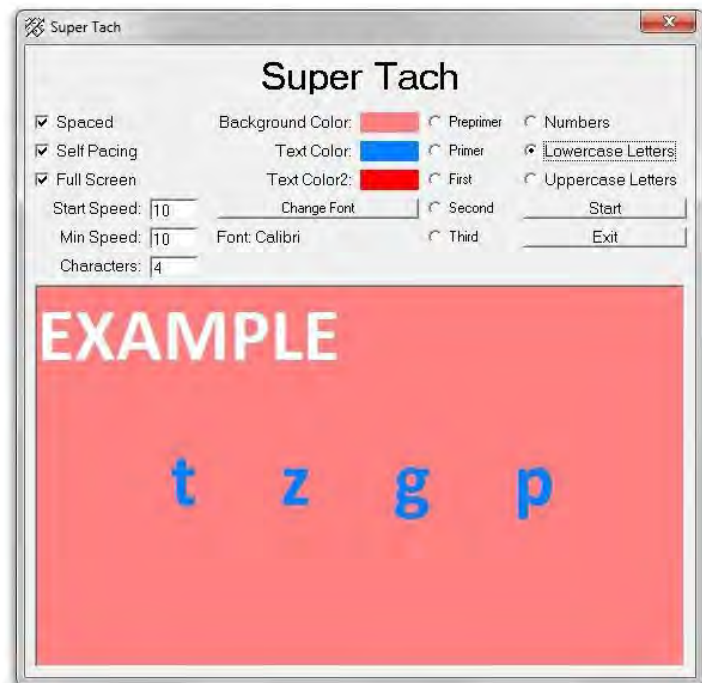
Divergence is the opposite of convergence and is the ability to turn the two **eyes** outwards to look at a distant object.

In sports your eyes converge when looking at something near and diverge when something at a distance. They are converging and diverging **ALL THE TIME!**



Super Tach

\$42.95



This is a totally redesigned version of the computerized tachistoscope.

Although very inexpensive, Supertach has a great number of features. It allows for different sizes, colors, and fonts of text. The background color may also be changed to test for scotopic color sensitivities. One can vary the speed of presentation of numbers, upper and lower case letters and the appropriate level of Dolch sight words. Even with all of these features, Supertach remains an affordable Home training tool. This is not MAC compatible.

Also, great for contrast training, speed of recognition and visual memory practice.

Vision Training Charts

\$10.00



These charts are great for exercising your eyes. Athletes are always looking for an extra edge to help them perform better at their sport. You've probably thought about aerobic capacity, endurance, strength, muscle tone and flexibility. But in a sport where split-second timing can make all the difference, exceptional visual skills are a must. Many studies show that professional athletes have much better depth perception, hand-eye coordination and other visual skills than non-athletes.

Sports vision training can take you from good to exceptional, with a program that actually trains your vision to a point where you can truly excel in your sport. Talent, training and commitment get you far. Sports vision training can get you to the top.

Includes (3) charts, laminated for repeated use and instructions for each chart. The hart and saccadic charts have grommets to attach to fencing.

VTU Stick

\$24.95



Our **VTU stick** is a small diameter lightweight hitting tool. It includes a grip for comfort and safety, as well as a raised section to indicate the stick's sweet spot, the optimal place to make contact with the ball. The colored dots are used for additional drills.

VTU it stands for **Vision Training Underload**. We find this is an excellent tool for vision training AND underload training. Why do you need either or both?

Underload training has three main benefits:

1. Underload training allows the muscles to move faster than they would with a regular bat. This acclimates the body to that speed and eventually carries over to your bat.
2. Underload training changes the neuromuscular pattern from the standard implement. By changing this neuromuscular memory pattern the muscle learns to move faster.
3. Underload training allows the player to make more swings without being fatigued. This allows the player to hone, or change, their mechanics more quickly.

The cost of our standard 30" white VTU Stick package is \$24.95

This package includes: (1) standard **VTU Stick** (10) golf wiffle balls of various colors, and (1) training manual with several drills.

The stick can also be ordered in custom colors and lengths at an additional cost of \$5.00 or just \$2.50 each extra if you order 3 identical ones.

Color choices: **White, Black, Red, Orange, Yellow, Green, Blue, Purple.**

Pink is available on a TEAM basis only (10+ sticks)

If you have any questions about this product please e-mail Ed at ed@howelltosports.com.

WARNING! Use ONLY plastic, tennis or foam balls. DO NOT hit real baseballs or softballs!

Wood Composite Flat Bat

\$65.00



The flat bat is an excellent tool for training hand-eye coordination, tracking and for building confidence. It weighs 21 oz so it can also be used as an underload device.

This innovative, sturdy hitting device improves eye-hand coordination, as well as proper grip and swing techniques.

This Wooden Flat Bat is to be NOT to be used with any type of hard ball (baseball or softball)

Use only tennic balls, waffle ball, or nerf type balls.

Improper use will result in breakage and possible injury.

For bunting drills, watch the ball go through the hole or turn on side to hit on the edge.

Can also be used for pepper, off a tee or with soft toss and/or short toss.