



*talent*  
*strength*  
*passion*

*depth  
perception  
reaction time  
eye-hand  
coordination*



# Do your athletes have everything it takes to perform at their best?



An athlete needs more than talent, strength and passion to play the game. Good vision is also essential. But 20/20 vision is only one important factor involved in attaining maximum visual performance. Coordination, balance, accuracy and concentration are just a few of the vision-related abilities used during a game.

Vision involves many subtle and sophisticated links between your eyes, brain and muscles. The stamina, flexibility and fine-tuning of your visual system can often provide you with the split-second timing you need to truly excel.

# Gaining a Competitive Edge with Sports Vision

At **The Institute for Sports Vision**, we perform evaluations involving task-related tests to determine visual strengths and deficiencies influencing athletic performance. More than a standard eye examination, our Sports Vision Evaluation provides a computerized performance profile of the visual skills used to excel in athletics.



If a weakness is found in any of these skills, the athlete may be under-performing. A Sports Vision Enhancement or Training Program can be developed to improve these skills and could help the athlete take his game to the next level.

## Visual Skills in Sports

We evaluate critical baseball-related visual skills such as:

- **Visual Acuity:** clarity of vision, critical in all sports. Contrast sensitivity and dynamic visual acuity are important for seeing objects in motion clearly.

- **Eye Tracking:** the ability to “keep your eyes on the ball” and look from one object to another.

- **Focusing and Vergences:** changing focus quickly, clearly and accurately from one distance to another. Efficiency in these skills is critical for any athlete to avoid visual judgement errors.

- **Depth Perception and Eye Teaming:** aiming the eyes at various distances and positions of gaze. Essential in the athlete's judgement of distance and speed.

- **Peripheral Vision:** seeing people and objects "out of the corner of your eye." It enables you to keep track of teammates and opponents while concentrating on the ball.



- **Eye-Hand-Body Coordination:** Critical to reaction time, accuracy in aiming and body position.

- **Visual Concentration:** focusing attention on the athletic task while filtering out peripheral distractions.

- **Visualization:** picturing events in your "mind's eye." It can boost your confidence and aid in greater focus on your goals.

At The Institute for Sport Vision, we address all the visual needs of the athlete, from providing visual training skills to recommending the proper prescription eye wear, contact lenses or protective eye wear.

# **Sports vision training can be the factor that transforms a good athlete into an exceptional athlete.**

Over its 25-year history, **The Institute for Sports Vision** has worked with many professional baseball , football, basketball and hockey teams, as well as U.S. Olympic teams. These athletes are among the best in their respective sports.

Our performance testing has been used by teams to help predict the potential success of a player entering the draft or to evaluate an athlete already in the professional ranks.

Contact us to learn more about how together we can help improve your athletes' visual skills and ultimately their performance.



## **THE INSTITUTE FOR SPORTS VISION**

**Dr. Donald S. Teig**  
**Dr. Alan M. Berman**  
**Dr. Eric L. Bran**  
**Dr. Rachel L. Shapin**

96 Danbury Road, Ridgefield, CT 06877  
Ph: (203) 438-5855 • Fax: (203) 431-0318  
[www.ridgefieldfamilyeyecare.com](http://www.ridgefieldfamilyeyecare.com)