

Sports Vision Training

At Cool Springs EyeCare!!!

What does *The Competitive Edge* do?

The Competitive Edge offers our athlete a comprehensive and intense training program that focuses on the areas of *visual function* that are most needed when participating in competitive sports. Our program is designed with the individual athlete in mind. Training programs are based on each athlete's specific areas of need, competition level, sport and position. We build our training programs on the fundamental areas of vision that are consistently tested when competing in sports: *Eye-Hand & Foot Speed and Coordination, Reaction Time, Peripheral Awareness, Target Acquisition and Tracking, and Visual Memory*, just to name a few.

Our program is designed to complement (NOT COMPETE WITH) all types of strength and conditioning training!

Our Facility:

Located within Cool Springs EyeCare, our facility "the Edge" was designed with the athlete in mind. State of the art equipment lines the walls of our training facility including high-tech computerized testing systems in addition to traditional sporting equipment. Our gym was designed to accommodate individual training as well as team training



Our Staff:

As an extension of Cool Springs EyeCare, our team of doctors and trainers bring experience from the collegiate, professional, and Olympic level. Each athlete's assessment is individually based on sport, position, age, ability, etc. combined together to design specific training programs geared to improving performance on the field or court.

Softball Vision Skills trained:

- *Eye-Hand Speed* →
- *Eye-Foot Speed* →
- *Reaction Time* →
- *Peripheral Awareness* →
- *Visual Memory* →
- *Balance* →
- *Anticipation & Timing* →
- *Eye-Body Coordination* →

Vision Skills on the field:

- *Generating bat speed, pick-offs, glove-to-hand ball transfer*
- *Base stealing (getting bigger jumps), defensive breaks on ball*
- *Hitting, corner infield positions, catching, outfield jumps*
- *Pitchers holding runners, defensive field awareness*
- *Remembering signs and pitch sequences, identifying pitches*
- *Strong stance in batter's box or on mound, body control throughout swing or delivery*
- *Hitting, tracking fly/ground balls, creating rhythm on the mound*
- *Repeating pitching and hitting mechanics (muscle memory)*