

Thank you for allowing us the opportunity to perform a Sports Vision Analysis on your 2012 Varsity Baseball Team!

Each player's results have been graphed. The following is a list, with description, of each area of the Visual System that was measured:

1. Visual Acuity – This is the score given to measure the athletes' visual acuity. It is the number just below each player's name at the top of the graph. Perfect vision is 20/20. Any results higher than 20/20, should be seen for a comprehensive eye exam to determine if vision can be corrected to 20/20.
2. Contrast (Vision) Visual Acuity – {Sharpness of vision}, ability of the eyes to pick up clear and concise detailed vision in order to discriminate differences. For example, contrast visual acuity allows the player to see the ball in any type of weather/lighting condition making it easier to the speed of a pitch.
3. Dynamic Visual Acuity – Ability to maintain sharp vision of an object in motion while it moves from point A to point B.
4. Eye Alignment – Measures proper alignment of the athletes' eyes. Alignment of the eyes is important because it affects all areas of the visual system.
5. Eye Tracking – Ability of the eyes to track an object in motion, without any visual interruptions. Catching a line drive requires speed and accurate judgment of where and when the ball can be caught.
6. Depth Perception – Ability of the eyes to see objects in all three dimensions. This is important for catching a fly ball because seeing and understanding how high, and with what type of speed the ball is traveling requires that visual perception and information processing work together to direct the player to a position that will allow him to make the catch.
7. Peripheral Vision – ability to see without looking directly at a particular object. For instance, a pitcher needs to have good peripheral vision to keep track of any base runners taking a lead to steal. Or in relation to a catcher, his peripheral vision allows him to focus directly on catching the pitch, while still maintaining visual awareness of the runner on first.
8. Hand-Eye-Coordination – Ability of eyes to control movement of the body and hands, in response to stimuli. At the plate, the ability to see the pitch well enough to make contact is only part of the equation. The ability of the player to increase his or her hand-eye coordination increases the success with which each swing does or does not make contact with the ball.
9. Visualization – ability to anticipate where an object in motion will land, and respond to that anticipation with 100% accuracy. Visualization is a technique that enhances the athletes' ability to accurately "anticipate" the direction of a ball in motion increasing the players' odds of making the catch.
10. Focus Recovery – Ability to focus and relax the focusing muscle quickly and accurately. The focusing muscle must be strong enough to relax and contract (contract for viewing smaller objects and relax to focus on larger objects) several hundred times during a game. Eye fatigue will result in poor performance. Additionally, fatigue can also lead to headaches and "sore" eyes.

11. Visual Memory – Ability to recall visual images and stimuli. For instance, visual memory is need to study and recall a pitchers hand motions, as they relate to the type of pitch he will throw. Increased visual memory increases the chances that the athlete will be able to respond to the recalled memory with increased speed and accuracy.

12. Visual Spatial Awareness – ability to understand where your body is in space. For example, an outfielder uses visual spatial awareness of where he is in relation to the warning track. This way he is confident to maintain visual contact with the ball, instead of worrying that he will run into the wall or fence.

### **Recommendations:**

In general, most players with deficiencies will be able to achieve improvement simply by following the Sports Vision Therapy plan that will be implemented this season. However, continued training in the form of at home Therapy is strongly recommended in order to maintain peak visual performance even after the season has ended. A weekly maintenance program consisting of 15 minutes per day, 3-4 days a week is all it takes to achieve and maintain peak visual performance.

For those players with less than 20/20 vision, and eye exam by a licensed Optometrist is recommended, even before starting the therapy program.

### **Options:**

It is our recommendation that any players' wishing to go above and beyond to increase performance in specific areas, meet with me individually. That can be arranged either before or after any practice. Or the player can email Dr Lauver directly at [www.drroblauver03@yahoo.com](mailto:www.drroblauver03@yahoo.com).