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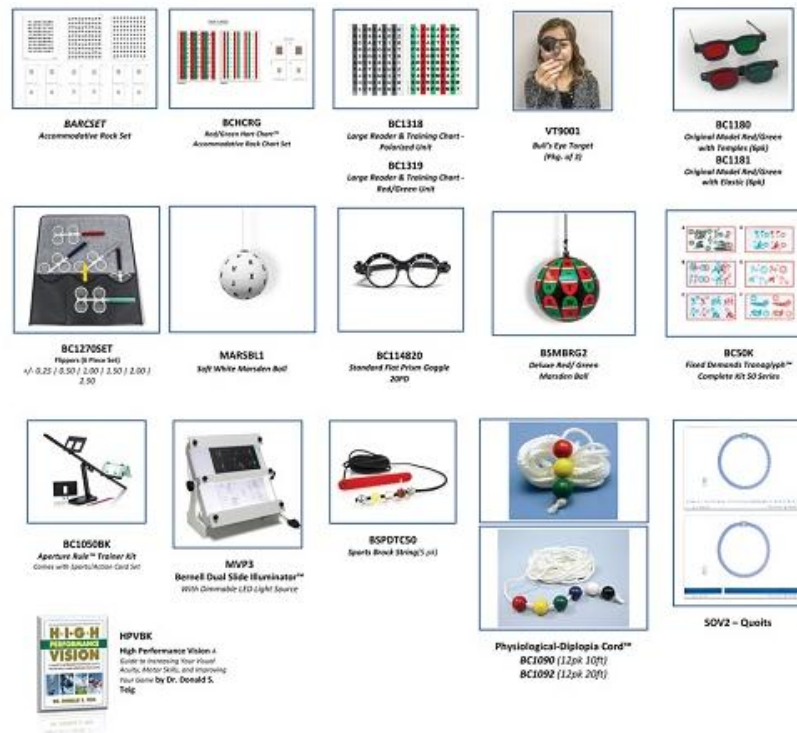
**JUTRON Vision**

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A DIVISION OF VISION TRAINING PRODUCTS, INC.

### Teig Visual Calisthenics – Deluxe Sports Vision Training Kit



## # TEIGVCDX+ Training Kit

## Teig Visual Calisthenics – Deluxe Sports Vision

The Teig Visual Calisthenics Sports Vision Kits were designed by Dr. Donald Teig, OD, FAAO — a Sports Vision Expert and founder of The A-Team, High Performance Vision Associates. He is the past chairman of the Sports Vision Section of the American Optometric Association where he received Sports Vision Specialist of the Year honors. Dating back to the mid-1980s, Dr. Don Teig pioneered work in Sports Vision and Visual-Motor Performance Training with Major League Baseball. Subsequently, Dr. Teig and his associates would have the opportunity to work with ten major league baseball clubs, the men and women's pro golf and tennis tours, several NBA basketball clubs, many

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Olympic teams, teams in professional football and hockey, as well as the dancers in the Joffrey Ballet. His patient files are a virtual Who's Who in the sports, entertainment, business and political arenas.

According to Dr. Teig, there are several facts that we can identify in our efforts to understand the role that vision plays in sports.

They are as follows:

- Vision is the key skill in most sports.
- All sports are different and have different visual demands.
- Individuals have unique visual systems.
- The basic principle is that the visual system guides the motor system.
- The more quickly and accurately the visual system processes information determines athletic success.

Dr. Teig refers to this training process "Visual-Neurocognitive-Motor Training" and categorizes the three stages in this training process as follows:

- Visual Calisthenics
- Visual-Motor Programming
- Visualization Skills and Positive Imagery

Dr. Teig worked with Bernell to assemble comprehensive Sports Vision equipment packages aimed at assisting professionals with the initial phase of the training process, Visual Calisthenics, which addresses the basic functional visual skills that we need to achieve success in our particular athletic endeavor. This stage demands excellence in oculomotor pursuits, saccades, accommodation, convergence, anti-suppression, binocularity, and depth perception. These equipment packages aim to meet these needs while also providing significant discounts over the regular cost of purchasing the individual items included, so as to help Sports Vision professionals as they add these services to their practice.

### **Teig Visual Calisthenics – Deluxe Sports Vision Training Kit Includes:**

Item #    Description

BARCSET –            Accommodative Rock Set

BCHCRG –            Red/Green Hart Chart™ Accommodative Rock Chart Set

BC1318 – Large Reader & Training Chart – Polarized Unit

BC1319 – Large Reader & Training Chart – Red/Green Unit

VT9001 – Bull's Eye Target (Pkg. of 3)

BC1180 – Original Model Red/Green with Temples (6pk)

BC1181 – Original Model Red/Green with Elastic (6pk)

BC1050BK – Aperture Rule™ Trainer Kit  
BSPDTC50 – Sports Brock String (5PK)  
BC1090 – Physiological-Diplopia Cord™ – 10FT 12PK  
BC1092 – Physiological-Diplopia Cord™ – 20FT 12PK  
BC1270SET – BC1270SET – Flippers (6 Piece Set) +/- 0.25 | 0.50 | 1.00 | 1.50  
| 2.00 | 2.50  
MARSBL1 – Soft White Marsden Ball  
BSMBRG2 – Deluxe Red/Green Marsden Ball  
BC114820 – Standard Flat Prism Goggle with 20PD Prisms  
BC50K – Fixed Demands Tranaglyph™ Complete Kit 50 Series  
SOV2 – Stereo Optical Quoits Variable Vectogram  
MVP3 – Bernell Dual Slide Illuminator™ with Dimmable LED Light Source  
HPVBK – High Performance Vision by Dr. Donald Tieg