# FRIENDS OF NEUROVISUAL TRAINING NEWSLETTER. ISSUE 3, VOLUME 1.

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**Introduction.**

We start todays issue by talking about next weeks issue. For next week's issue we will include a "how to" article. The subject of that article will depend upon the result of our survey. Please email or vote on twitter (clarkjf@gmail.com, @FriendsOfNVT) your choice of the following:

1. How to use the brock string for assessments and training.

2. Determining eye dominance and eye-hand dominance.

3. Near far training for the athlete and the student.

Today's article is an OpEd piece by Blake Bacevich concerning how one might pigeon hole NVT as strength and conditioning or athletic training / medical. Both disciplines tend to serve the athlete in the performance of their craft and can play a role in NVT. Please read the article to see Blake's opinion.

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**Op Ed. By Blake Bacevich. Is NVT Strength and Conditioning or Medical.**

Any school or program looking to successfully implement NeuroVisual Training (NVT) methods within their organization should consider two key factors. First and foremost, the program administrator(s) must understand the basic principles of the NVT methods and how to properly put your athletes through the various training exercises*. The second, and often overlooked, factor is how to successfully implement the new idea of NVT into your teams' training routine. A team could have a very thorough NVT program ready to go; however, without successful implementation creating significant buy-in from the players and staff, NVT will produce minimal results. This factor raises the question, "Who on staff should be in charge of conducting NVT?"

The team's strength staff is a natural fit. NVT is very synonymous to strength and conditioning in numerous ways. Both forms of training must be conducted on a consistent basis in order to see improvements, both can lead to delayed onset muscle soreness, and both will see diminishing effects when not kept up with for an extended period of time. In a way, NVT is a continuation of strength and conditioning, just for the

eyes and brain. Strength and conditioning programs include “upper body days”, “lower body days”, “cardio days” and even “recovery days”; however, never have you heard of an “eye and brain day”. NVT sessions average about 20-30 minutes, essentially equivalent to the combined amount of time strength coaches mandate for foam rolling, stretching, and taking ice baths on lower body days. Similarly, strength and conditioning programs can mandate NVT immediately before or after an upper body or recovery day. Strength staffs hold players to a high level of accountability to show up on time to each workout with strict disciplinary actions if not met. This same expectation and standard would be expanded to a team’s NVT program when combined with the team’s current strength and conditioning program.

The athletic training staff is another possibility for administering the NVT program. While NVT is used in part for performance enhancement, it is also used for preventative and rehabilitative medicine. In the world of sports, durability is just as important as ability. NVT’s injury prevention and rehabilitative effects help players stay healthy and get back on the field faster, thus allowing them to maximize their athletic ability. Having the athletic training staff manage all NVT activities allows for more targeted intervention aimed at injury prevent and rehabilitation. NVT also presents certain medical risks and contraindications that may be able to be better managed by a certified athletic trainer. Pre-existing conditions such as a “weak eye” or seizure disorder require caution when selecting NVT exercises for that specific individual.

While valid reasons exist for the NVT program to be run solely by either the strength staff or the athletic training staff, the answer may not simply be that one group should be 100% responsible, rather a collaborative effort between the two of them. The success of a team is not dependent upon one individual or committee within the team, but rather how the many individuals/committees work together to support the overarching goal of the team. The same concept should be applied to maximize the benefits gained from an NVT program. Including NVT as part of a team’s strength and conditioning program adds a level of accountability and sense of routine to the athlete’s thoughts about NVT. This accountability, which is enn the team,