

FRIENDS OF NEUROVISUAL TRAINING NEWSLETTER. ISSUE 7, VOLUME 2.

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Introduction.

In this issue of the Friends of Neurovisual Training Newsletter we are extremely excited to have an NFL veteran and University of Cincinnati alumni, Cortez Broughton, here for an interview. Cortez played football for the University of Cincinnati and is currently with the Los Angeles Chargers as a defensive lineman. Cortez went through the University of Cincinnati's NVT program throughout his entire collegiate playing career and has firsthand experience of the performance enhancement benefits NVT can provide. A special thank you to Cortez for taking the time to talk to us.

The "How-To" section this week addresses the question "How do I get started doing NVT with my athletes or clients and is it expensive?" This section outlines a cost-effective starter pack of items that are inexpensive and easy to use for one-on-one NVT training. If you've ever wondered; "How do I start an NVT program from ground-up?", we give you a template to take those first couple steps towards becoming an NVT trainer.

As always, thank you for your continued support of NeuroVisual Training and be sure to follow us on Twitter @FriendsofNVT!

NVT for Football Performance Enhancement – An Interview with Cortez Broughton

We would like to extend a warm welcome to Cortez Broughton of the Los Angeles Chargers to the Friends of NVT Newsletter! Cortez was a 3-year starter and 2-time All-Conference defensive linemen at the University of Cincinnati while serving as one of the team captains in his 2018 senior season. Cortez went on to be drafted by the Los Angeles Chargers with pick No. 242 in the 2019 NFL Draft. Cortez has been an active member of the Chargers 53-man roster each season since being drafted. Cortez's NFL scouting report mentions strengths of his as "great explosion at the snap and identifies block nature quickly to move into a pass-rushing plan" as well as "active hands that are able to keep his frame clean." Throughout his time at the University of Cincinnati, Cortez was very active and fully bought into the NVT program offered to the football team. We were able

to catch up with Cortez this week and discuss how he believes NVT has made an impact on his game. Thanks for joining us this week Cortez!

Q. When you were at the University of Cincinnati NVT was done pretty much from pre-season camp throughout the season. What type of time commitment was that for you and did you feel it was a good use of your time?

The time commitment was never an issue for me! It was actually pretty fun to do as well as competing with your teammates when you do it! I recall doing it two times a week, maybe three, during camp and at least 3 to 4 times a month during the off season! I honestly feel like it enhanced my reaction time which made it a great use of my time!

Q. Did you feel you had a grasp of the “why do NVT” and how it might help you? What did you think it was trying to do?

One thing I learned in life is always ask questions! The reason I loved NVT was because of the research and results that came from it! One such as Cincinnati having the least amount of concussions due to the fact that NVT helps with peripheral vision which obviously enhances reaction time! The more you see the more time you have to react!

Q. At times athletes struggle to “buy-in” to the concept of NVT, what initially sold you on the idea? Can you address the perceived down sides to spending time doing NVT?

What initially sold me was as simple as who can get the highest score or who can react the fastest because I always want to win! As I went on to do it more and more I started to love the reaction test because to me it translated to ball get off! The faster I can react to a light coming on and tapping the button somewhat translated to the faster I can react to when the ball is snapped or even the slightest movement of the center!

Q. NVT is sometimes described as brain training. Do you agree and do you feel brain training important for what you do?

100%, like anything one strives to be great at in life they have to train! No matter what it is! Sight can be trained just as easy as doing bicep curls! But it's the unique training Dr. Clark brings to the table that makes it even more worthwhile!

Q. Do you remember any specific times during a practice or game that you noticed NVT carry over to your on-field performance? Do any examples come to mind off the field?

On the field there would obviously be an overall enhancement but the one thing that it truly helps with is block recognition as well as ball awareness. I could honestly go on and on about how much it truly helps but you would be reading for quite a while.

Q. Have you experienced any type of NVT in the Chargers organization or NFL? Do you still incorporate any forms of NVT into your training routine?

In the NFL I have not run into any NVT exercises with the Chargers! But I still try to incorporate it in my training with my trainers outside of the Chargers organization!

Q. Did you have a favorite NVT exercise?

We already talked about the reaction test, so I'll give you another one! It's quite simple but after doing those NVT exercises Dr. Clark brought out UNO cards! He would use those UNO cards to test when I can detect motion with my peripheral vision and after motion can I spit the color!

The reason I truly liked this activity is because I could use it as a scale to test where my line of sight started and how much it grew over time! So truly that is one way to get players to see true results because that for me made a big difference and showed me that NVT TRULY WORKS!!

“How To” – Neurovisual Training on a Budget.

Several years ago, I was asked an interesting question that stuck with me. The question was: “If you could only have one NVT device to work with the football team, what would that one device be?” I have to admit that it took me by surprise, and I did have to think about it. My eventual answer was, “An unlimited supply of paper and colored markers.” The gestalt in this response is that your greatest tool for doing NVT for your athlete or client is your brain. We fully acknowledge and support the concept of brain training with NVT and that an NVT program can enhance performance for many athletes and different sports. However, one does not need a whole room of equipment with thousands of dollars spent to do NVT; think colored pens and paper. In today's how to we are going to go through the equipment supplied in the NVT Starter Kit.

Inneuractive's NVT Starter Kit comes with the following ingredients; Hart Charts (for saccades as well as near far), brock string, pinhole glasses, peripheral vision cards, flash cards, and wacky balls. The methods for these have in part been presented in other FoNVT issues (I1V2, I7V1, I1V1, I5V1), but we'll briefly address them and how they can be used to work together.

Flash cards are typical flash cards with words, words with letters missing, and math designed to promote thinking and processing from a flashed image. These are a great adjunct to add a challenge to other drills.

Hart Charts for saccades and near far. The hart charts are 10 x 10 alpha numeric and typically uses two sheets. For saccades the person reads off the alpha numeric on

sheets placed about 10 feet apart for one minute. Record how far they get on the sheet. For near far one sheet is 20 feet and the other is handheld, large font for far and small font for handheld. The person reads the alphanumeric near and far for 1 minute and the number of loops is recorded to keep score.

Brock string is used by having the person place one end of the string between their eyes and focus back and forth on the different colored beads. Typically, a drill is one minute. Make sure the person is using both eyes, by checking to see that they are visualizing 2 strings.

Pinhole glasses are a tool used to add a layer of visual difficulty to a visual task. The person puts them on and completes the task as normal. If the task is something that has a score: brock string or hart charts, the goal is to minimize the fall in the score with the pinhole glasses.

Pinhole peripheral sheets are sheets that train peripheral vision of one eye at a time. The athlete or client holds the sheet about 14 inches from their face. They look through the hole in the center with the other eye covered. You look at their eye through the hole to ensure it does not move. The subject calls out what they see in their peripheral vision.

The wacky ball is a non-round ball that bounces randomly. It is bounced about 5 feet in front of the athlete or client and they must react to the bounce to catch it. It is a great drill for eye hand coordination.

All of the items supplied in the NVT Starter Kit allow for numerous progressions for your athlete or client. In order to best understand these progressions, it helps to separate the items into 2 categories.

Category 1 items serve as the primary training modalities and includes:

- Brock String
- Saccades
- Near Far
- Wacky Ball
- Pinhole peripheral

It is important to note that before progressing an athlete or client to exercises utilizing items from Category 2, it is important to ensure they proficient in the Category 1 item exercises.

Category 2 items serve as great aids to NVT exercise progressions. The Category 2 items include:

- Flashcards
- Pinhole glasses

While flashcards can also be done alone, both of these items serve as an excellent progression tool. For example, if your athlete gets very good at the wacky ball, you can progress to have them do the wacky ball while wearing pinhole glasses. By limiting their visual input, this adds a level of complexity to be able to see, react to, and catch the ball.

As previously mentioned, flash cards can be done as a standalone drill; however, the maximum benefits of flashcards result from adding them as a distraction or interruption in the peripheral vision. Consider having someone do the near/far drill and the trainer occasionally flashes the flash cards in their periphery. The subject is to look at the card, answer the question, and go back to their primary task of reading the near/far Hart charts. This trains multi-tasking, peripheral vision, and ocular motor memory in order to return to their location of the charts.

The progressions are not limited to Pinhole glasses and flash cards. If you have someone who is getting very good at the saccades, you can layer in near far plus saccades. You can also have someone doing scanning saccades with the sheets 10 feet apart but this time you are standing between the two sheets. At random times bounce pass the wacky ball at the athlete or client. They must catch the ball, throw it back and continue with the exercise.

Many of the activities discussed can be combined and progressed to more complicated exercises and modified to the needs of the person you are working with. With the contents of the NVT Starter Kit you are able to get started doing NVT while only being limited by your creativity.

Announcements.

If interested in purchasing Inneuractive's NVT Starter Kit or any of the individual products please visit our store at <https://www.inneuractive.com/s/shop>.

If you are interested in all sorts of brain training, you may wish to register for and attend the virtual Carrick Symposium; The Synapse Sessions – 2020. The virtual sessions are from November 13 to 15th from 9:00 AM through to 5:00 PM EST. More information here; <https://carrickinstitute.com/event/synapse-sessions-2020/>.

A large shout out to the University of Cincinnati football team who are ranked 6th in the nation with a 5 and 0 record. They've been winning by a substantial margin, 36 to 12. That is 3 points scored for every point by our advisory. Quite a record.

Disclaimer.

Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.