

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



INTRODUCTION

WHAT'S IN OUR LATEST ISSUE:

As we prepare to close the chapter on Volume 10 of the Friends of NeuroVisual Training Newsletter, it's time for a moment of reflection and anticipation. This issue, Issue 7, stands as a testament to the journey we've embarked upon together, exploring the depths and breadths of NeuroVisual Training (NVT) and its profound impact on enhancing human potential.

In this commemorative issue, we circle back to the essence of NVT, revisiting the fundamental principles that have guided our journey from the very beginning. Our main content piece, "Reflecting on the Journey: The Three Pillars of NeuroVisual Training Revisited," delves deep into the core components of NVT—eye movement, eye discipline, and brain processing. These pillars have not only formed the foundation of our unique brand of NVT but have also propelled countless individuals towards achieving their peak performance in athletics, academics, tactical endeavors, and rehabilitation.

The journey through the evolution of NVT underscores our commitment to innovation and excellence. We've witnessed the transformative power of integrating these three pillars into our programs, setting us apart from traditional vision training and marking a new era in cognitive and visual performance enhancement.

But we don't stop there. In this issue, we also introduce an exciting development in our training arsenal: "Training All Three Pillars of NeuroVisual Training with Speed of Accommodation & Processing (SoAP™)." This cutting-edge approach represents the culmination of our insights and experiences, offering a holistic method to train the three pillars simultaneously. Through the innovative use of Inneuractive's latest technology, we unveil a system that not only challenges but also delights, making the training process as enjoyable as it is effective.

As we reflect on the past and look forward to the future, this issue is a beacon of the legacy we continue to build together—a legacy of pushing boundaries, fostering innovation, and unlocking the full potential of the human visual and cognitive system. Join us in this reflective journey as we revisit the foundations that have shaped our mission and explore the new frontiers that lie ahead. Together, let's celebrate the milestones we've achieved and the exciting possibilities that await us in the realm of NeuroVisual Training.

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Reflecting on the Journey: The Three Pillars of NeuroVisual Training Revisited

As we come to the culmination of Volume 10 of the Friends of NeuroVisual Training Newsletter, it's a poignant moment to reflect on where it all began. Revisiting the foundational concepts introduced in our very first issue, we delve once more into the essence of NeuroVisual Training (NVT), a pioneering approach designed to enhance the symbiotic relationship between the eyes and the brain. Our unique brand of NVT has been instrumental in advancing athletic prowess, academic achievement, tactical capabilities, and rehabilitation processes. The three pillars of NVT—eye movement, eye discipline, and brain processing—remain the bedrock of our programs, embodying the sophisticated interplay of vision and cognition.

Pillar 1: Eye Movement (Ocular Motor)

At the core of NVT is the mastery of eye movement. Precision and speed in directing one's gaze are not just about following a ball or a target but about enhancing the efficiency of how we interact with our surroundings. The agility to swiftly glance at a rearview mirror while maintaining focus on the road epitomizes the practical benefits of Pillar 1. This training is about minimizing the time our eyes are diverted, ensuring that athletes can scan, track, and react with unparalleled efficiency. The improvement in eye movement directly translates to superior performance across various fields, from the split-second decisions on the football field to the strategic gaze in a high-speed car race.

Pillar 2: Eye Discipline

The second pillar, eye discipline, concerns maintaining visual focus where it's most needed. This aspect of training ensures that the eyes feed continuous, quality information to the brain, essential for making informed decisions swiftly. The discipline of keeping one's eyes on the target, as emphasized in combat sports, underlines the strategic advantage of not giving away intentions through gaze. Eye discipline is about controlling where we look and how we look, thereby honing a skill set that prevents opponents from predicting our moves while allowing us to anticipate theirs.

Pillar 3: Brain Processing

The final pillar addresses the critical aspect of processing visual and sensory information efficiently. The speed at which the brain interprets what the eyes see can be the determining factor between victory and defeat, success and failure. Training the brain to quickly absorb and utilize visual data ensures that individuals can respond more effectively to their environment, be it on the racetrack, in the classroom, or during rehabilitation. The advancements in this area are not just theoretical but are evidenced by tangible improvements in academic settings and recovery processes.

The Evolution of NVT

Over the years, we've observed and documented the transformative impact of integrating these three pillars into our NVT programs. Our commitment to refining these techniques has not only set us apart from traditional vision training and traditional sports strength and conditioning, but has also propelled our clients to new heights of performance and recovery. NVT is more than correcting visual impairments; **it's about optimizing the visual system and the brain's processing capabilities to their fullest potential.**

The journey through the realms of NVT has been one of discovery, challenge, and profound success. As we revisit the foundational pillars of our practice, we are reminded of the immense potential that lies in the harmonious coordination of eye and brain training. The anecdotes of enhanced academic performance, the breakthroughs in athletic achievements, and the milestones in rehabilitation underscore the versatility and efficacy of our approach.

As we close this volume, reflecting on our journey from the first issue to now underscores the evolution of NVT and its ever-growing significance. Our dedication to the three pillars of NeuroVisual Training has not only stood the test of time but has also expanded the boundaries of what we understand about visual and cognitive performance. Looking forward, we remain committed to pioneering advancements in this field, continually enhancing our programs to meet the evolving needs of our diverse clientele. The journey of NVT is far from complete, and as we progress, we carry forward the legacy of innovation, excellence, and transformation that has defined us from the very beginning.

Training All Three Pillars of NeuroVisual Training with Speed of Accommodation & Processing (SoAP™)

For a quick refresher, the 3 Pillars of NeuroVisual Training are eye movement (ocular motor), eye discipline, and brain processing. The above pillars are simplified understandings of the complex neuroscience acumen ingrained into each exercise we develop. We typically use a multitude of drills and exercises to train one pillar at a time. Still, today, we'll look at how to use Inneuractive's latest technology to train all three simultaneously by using our SoAP™ system.

SoAP™ stands for speed of accommodation and processing system. The system is a visual and processing reaction test. The system uses two screens, which can be flexibly positioned depending on what you want to train. For the sake of this article, we'll set the system up for Near-Far training where one screen is 2 feet away from the client and the far screen is around 15 feet away.

The client will have a game controller in hand and shift visual focus from the far screen to the near screen and back again. The screens will randomly flash letters, numbers, or characters. The client's job is to identify which screen they see the alphanumeric on and then identify what it is; letter, number or character. They only need to identify which of the three options is on screen, not type out the correct image flashed. We usually run these tests for 3 minutes at a time. However, the system is versatile and can run shorter tests, and we can additionally customize the intervals of the flashes. Customizing the flash intervals is helpful to train impulse control or speed up the test to train rapid processing.

The goal is to react and process as fast as possible, and we measure the time from the flash to the response in milliseconds. We also track whether the response is correct or incorrect; this component is vital. We typically see a tradeoff between reaction speed and processing accuracy. For example, the faster you push the response, the more likely you will make mistakes. This tradeoff is synonymous with coaching points from high-level athletes and special forces soldiers. The adage, "slow is smooth, and smooth is fast," holds a world of wisdom that drastically enhances performance across many disciplines.

With SoAP, we're able to exercise the 3 Pillars of NVT. The requirement of changing focus rapidly from near to far trains the ocular motors. Identifying the alphanumeric requires eye discipline. And most importantly, processing what the alphanumeric is exercises brain processing. SoAP is a versatile system that can enhance performance on the field, in the classroom, and on the road. Training all 3 Pillars of NVT simultaneously delivers many performance benefits to athletes, and most importantly, it's downright fun.

The SoAP system will be commercially available for all very soon at www.inneuractive.com/shop.

Announcements

Discover our latest feature on the OneSoccerNation Podcast with host Kareem Rae in this YouTube video: <https://www.youtube.com/watch?v=IrNYPEDVQLs>. Dr. Joe Clark, PhD, and Jon Vincent, founders of the Friends of NeuroVisual Training Newsletter, share insights into NVT and its significance in soccer. Tune in to hear their engaging discussion.

Check out our store, <http://www.inneuractive.com/shop> ! We regularly add new products and are excited for the upcoming launch of our NVT warmup panels.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

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.