

SHARPEN YOUR EDGE

Let our team of vision performance experts show you how we can improve your game.

McDonald
Eye Care
McDonaldEyeCare.com

Visit our Vision Performance Center today ...

(952) 469-EYES (3937)

Sports Vision is the process of training your visual system to relay information from the brain through the eyes to set the body in motion, in order to perform efficient tasks quickly and accurately.

Skills to address through sports vision:

Depth Perception: ability to quickly and accurately judge the speed and distance of objects and/or players

Dynamic Visual Acuity: ability to clearly see moving objects

Hand/Eye/Body Coordination: ability to respond to visual information, which involves timing and body control

Visual pursuits: ability to follow an object accurately

Visual Acuity: the sharpness and clarity of your vision

Visual Concentration: ability to control your visual system for better awareness and less distractions

Visualization: ability to picture something in your mind while your eyes are concentrating and seeing something else

Visual Reaction Time: the speed at which your brain interprets and reacts to your opponent's actions

Goals and Expectations of Sports Vision

- Improve Visual quickness/response time
- Heighten contrast sensitivity
- Improve visual awareness and peripheral awareness

- Reduce eye fatigue
- Improve hand-foot-eye speed and coordination

<p style="text-align: center;"><u>Competitive Edge Camp</u></p> <p style="text-align: center;">Camp is held in both Lakeville and Rosemount and includes the following:</p> <ul style="list-style-type: none"> • Sports Vision Evaluation and Assessment • 12 sessions • 6 Sport Specific Vision Exercises • Follow-up and Final Assessment • \$150/athlete 	<p style="text-align: center;"><u>Center Based Block Program</u></p> <p style="text-align: center;">Program is held onsite at McDonald Eye Care and included the following:</p> <ul style="list-style-type: none"> • Sports Vision Evaluation and Assessment • 30 minute sessions (minimum package is three sessions) • 20 to 30 different sports vision exercises <p>Package Options</p> <p>Minimum package 3 @ \$50.00 per session \$150.00 1 block = 12 sessions (2 month expiration) \$500.00 2 block = 25 sessions (4 month expiration) \$950.00 3 block = 40 sessions (6 month expiration) \$1400.00</p>
<p><u>Sports Vision Pro Package</u></p> <p>Held onsite at McDonald Eye Care and includes the following:</p> <ul style="list-style-type: none"> • Vision Efficiency Evaluation • 10 weekly one hour 1-on-1 sports vision training • Sports Vision Progress check and final assessment <p>Package Payment Options</p> <p>Payment-in-full at the start of sports vision training \$980.00 (\$98. per session) Payment at the time of each training session \$1150.00 (\$115.00 per session)</p>	