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## **Study by Texas A&M University-Corpus Christi Confirms Training with Vision Software Enhances Hitting Skills**

**Safe Choice to Performance-Enhancing Drugs  
Study Examines Vizual Edge Performance Trainer™**

CORPUS CHRISTI, Texas – Vernon Hills, Ill., May 1, 2008 – A recent study conducted by a research team of professors from Texas A&M-Corpus Christi's Kinesiology Department demonstrated the correlation between improved hitting performance and vision training.

“There was significant improvement in the hitting performance of Islander baseball players after enhancing their visual skills,” said Dr. Frank Spaniol, who headed the research team.

The athletes trained their visual aptitudes with Vizual Edge Performance Trainer™, a commercially patented software program specifically designed to assess and train visual skills of athletes.

Along with Dr. Spaniol, the research team consisted of Drs. Bonnette, Melrose and Ocker, and graduate assistant Jeff Paluseo.

The study, which was a follow-up investigation conducted by Spaniol and Bonnette with the Cincinnati Reds and Milwaukee Brewers, determined the validity of the Vizual Edge software in relation to improving hitting performance in baseball.

**Baseball & Vision**

Designed by Dr. Barry L. Seiller M.D., an ophthalmologist and founder of the Visual Fitness Institute in the Chicago area, Vizual Edge was created to improve visual skills of all athletes.

According to Dr. Seiller, “We’ve known that good athletes possess superior visual skills - they were born with them. However, this study proves that visual skills can be evaluated and trained. Elite high school, university, Olympic and professional athletes now incorporate visual performance into their training programs.”

Dr. Spaniol, who played and coached Division I baseball, concurs and states, “It makes little sense to waste valuable training time working on something if it doesn’t translate into improved on-field performance.”

Fernando Montes, a highly recognized strength and conditioning coach and anti-steroid advocate, has been a proponent of vision performance training since his days with the Cleveland Indians and Texas Rangers.

”Vision, sports psychology and nutritional strategy augment a complete training program,” Montes said. “The more training alternatives we can provide for our athletes the less likely they will be to turn to steroids.”

The same findings in the Texas A&M-Corpus Christi study has additional applications, as Spaniol points out.

“Enhancing visual skills would also have a direct correlation to hitting a softball.”

**Note: To access the study please go to the following link...**

<http://www.vizualedge.com/tamucc>