



NATIONAL OLYMPIC COMMITTEE OF SRI LANKA

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22nd April 2020

To : All the NSAs/NSFs affiliated to NOC SL

Dear President / Secretary,

Sports Vision training program

The National Olympic Committee has partnered with Vision Care to launch the first Sports Vision training program and is requesting you to recommend 2 Athletes (Male & Female) from your National Squad for free consultation and training.

We would like you to also consider sending other athletes who are interested in the program by paying a nominal fee which is explained below.

Introduction

About Sports Vision

At " Sports Vision by Vision Care " we train sport athletes and enhance their visual skills through a revolutionized, innovative and unique way. It's the perfect mix of physical training with technical advancement.

Sports vision is the visual processing of visual skills in a competitive environment. Whilst there are many visual skills during day-to-day activities, at Sports Vision we are focusing on the **active** visual skills you are using when you need to perform in sports.

We have narrowed it down to 10 visual skills. In every sport you can find these visual skills in any way, shape or form.

Of course, in certain sports you find it more present than in other sports.

The 10 visual skills are:

- **Visual Clarity** - See distant details
- **Contrast Sensitivity** - Judge Difference in contrast
- **Depth Perception** - Judge depth perception in distance
- **Near-Far Quickness** - Change attention between distances
- **Perception Span** - Visually acquire critical information
- **Reaction Time** - Hand reaction to a visual signal
- **Target Capture** - Rapidly shift and recognize peripheral targets
- **Multiple Object Tracking** - track objects moving in space
- **Eye - Hand Coordination** - Hand responses to changing targets
- **Go/No Go** - Make decisions and react in pressured situations

Process and how it works

1. Assessment

When the athlete comes to our facility we want to see how healthy the eyes are and how well the eyes are performing together with the brain.

This is what we call an *eye examination*, which is painless and won't take more than 15-20 minutes.

After that, he/she will participate in the assessment, which will happen on our sensory station. This assessment covers **every** visual skill, as mentioned above, and takes 30-40 minutes.

2. Analysis

After the assessing part, it generates a custom report. These results will be analysed by a Sports Vision Training right away.

Practical exercises will be discussed as well as what Sports Vision will be able to do for the sport athlete.

3. Improvement Plan

When the sport athlete desires to work further with Sports Vision, he/she can choose their own duration.

Whether this is for 1/3/6/12 months, one per week or up to 2 or 3 times per week.

Special Offer for Federations working with NOC (National Olympic Committee)

Sports Vision wants to offer the following for FREE, up to two of the best athletes within each federation:

- Assessment (Eye-examination) on the Sensory Station;
- Free consultation thereafter;
- one training session (different day than the assessment)

On top of that, we would like to give a special offer, only for the federations until August 31st, 2020:

- Assessment for Rs. 4,500 (normal price: Rs. 8,000)
- Access to the Sensory Performance App, one month for **free** (normal price: Rs. 24,000 for 6 months)
- Special pricing for sports vision training, if the athlete wants to continue weekly/monthly

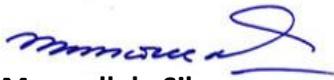
Additional information and links:

We would like you to check out the following Youtube-video for more information:

<https://www.youtube.com/watch?v=OOWFpEJNGGE>

If you would like to nominate 2 players / athletes for the FREE assessment & training AND/OR would like to get more information, please contact.

Yours sincerely,



Maxwell de Silva
Secretary General
National Olympic Committee of Sri Lanka