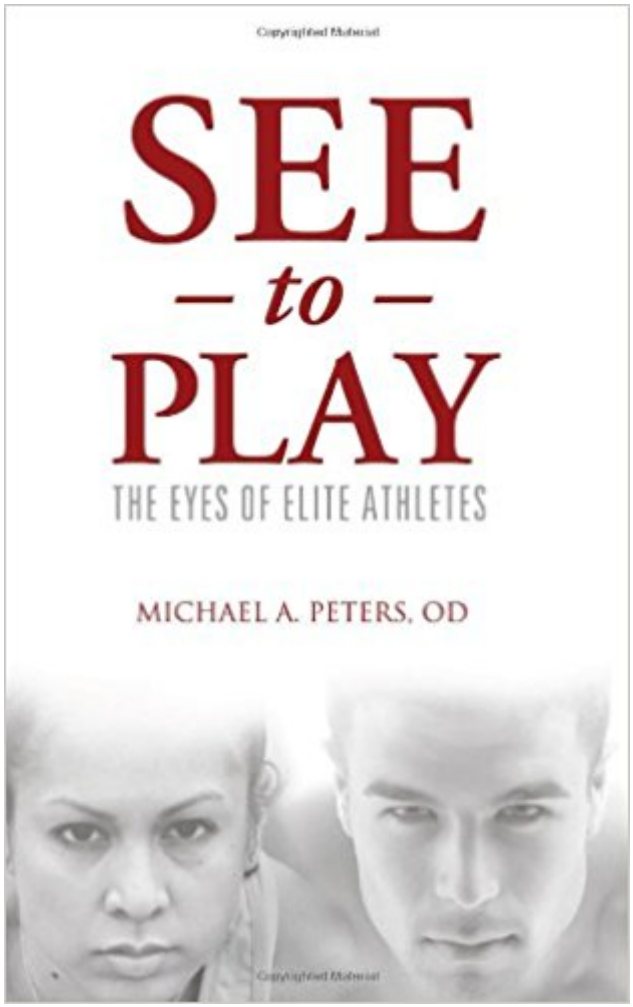
Ebook Directory
the best source of ebook

The book was found

See To Play: The Eyes Of Elite Athletes



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

In the competitive world, conditioning is everything. Athletes who can get an edge have a better chance of moving up the ladder to more and more elite levels of play. But one aspect of conditioning that is often overlooked is vision. Ignored or undetected problems in the visual system have stopped many athletes' progress before making it to the professional -- or even college levels -- and has even ended otherwise promising professional athletic careers. Vision can be conditioned just like any other physical attribute, and the earlier this conditioning starts, the better. In See to Play, eminent optometrist Michael Peters, who works with many professional athletes and sports teams, addresses every aspect of this vital component of elite athletics. Included are in-depth discussions of all facets of vision accompanied by myriad exercises to help athletes hone and condition peripheral vision, acuity, speed of focus, eye- hand-body coordination, and more. His techniques also help the older veteran athlete play young and the weekend warrior gain the edge! Constructed for athletes of all ages, this essential book will truly enhance your or your child athlete's ability to see to play!

Book Information

Paperback: 314 pages

Publisher: Bascom Hill Publishing Group (June 4, 2012)

Language: English

ISBN-10: 1938008006

ISBN-13: 978-1938008009

Product Dimensions: 5.4 x 0.9 x 8.4 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 21 customer reviews

Best Sellers Rank: #566,263 in Books (See Top 100 in Books) #108 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #143 inÃ Â Books > Medical Books > Medicine > Surgery > Ophthalmology #6987 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

''See to Play is a must-read for athletes and athletic trainers worldwide; Peters has helped many minor league players reach the big leagues with these techniques. . . . A home run!'' -- Sandy Krum, Trainer, The Biggest Loser ''Dr. Peters discovered my eye disease, kerataconus, when I arrived in Raleigh during the 1999 - 2000 season. Since that time he worked diligently to keep track of my

condition and keep the disease at bay. He has always given me the best care possible and I know that he will continue to provide me the most advanced treatment for my condition. I am extremely pleased to have Doc Peters on my team. -- Rod Brind'Amour, Carolina Hurricanes ''I had a wonderful experience working with Dr. Peters while recovering from my concussion. His techniques are cutting edge and results-driven based on his professional experience with countless athletes. Dr. Peters' ability to interpret and diagnose visual symptoms, along with the capacity to objectively measure one's progress in recovering from those symptoms makes consulting Dr. Peters a priority for any brain injury. How concussions can affect the visual system, and how the visual system interacts with cognitive and vestibular functions during concussion recovery is just beginning to be understood. Dr. Peters is no doubt a leader in that research and a developer of new therapeutic techniques based on its findings. As a professional athlete, and having recently recovered from concussion, I would consider any treatment plan that does not include dorsal stream visual therapy as incomplete.'' ---- Jay Harrison, Carolina Hurricanes''If you aren't seeing at your best, you're not playing at your best. Having the confidence that you can see the ball as well as possible is huge, especially when you have less than half a second to determine pitch type, location and whether to swing or not. Dr. Peters gave me the confidence to know I can see my best and compete at my best.'' -- Elliot Johnson, Tampa Bay Rays ''Dr. Mike Peters has been one of the best eye doctors that I've worked with and probably the best in the business. When I had my concussion in Carolina, he had to adjust my contact lens prescription several times while my vision was changing. He also helped me by giving me eye exercises which even included him coming to the arena for some of the drills.'' -- Matt Cullen, Minnesota Wild ''I first came to see Dr. Peters in the summer of 2008 when I was having a lot of trouble with my eyes. After informing him that I was a professional golfer and struggling with my putting, he asked me to do a couple of simple eye tests. These tests immediately showed that my eyes aligned to the right and along with some exercises to rectify my problems, my putting has now become one of the strengths of my game. Dr. Peters also changed both the brand of my contacts and the type of solution I use and in the 4 years since, I have never had a problem. His professionalism and enthusiasm is inspiring and I look forward to continuing to work with him for many years to come.'' --Ewan Porter, PGA Golfer''Vision is critical in any sport, and football is no exception. Athletes should commit to taking care of their eyes the same way they commit to taking care of their bodies. Dr. Peters keeps athletes vision strong so they can maintain a high level of performance throughout their athletic careers.'' -- Torry Holt, NFL St Louis Rams Super Bowl Champion, NFL Pro Bowl ''I've known Dr. Peters since my days in AAA baseball almost fifteen years ago and he understands how hard it is for athletes to make the jump to the Majors. See To

Play helps trainers and athletes understand the important role that vision plays in making athletes their best.'' -- Paul Harker, A.T.,C, Training Staff, Tampa Bay Rays ''I'll never be able to get my SR year of high school sports back. I wasn't the level of player See To Play would write about but I lost a valuable year because of stubbornness and poor vision. All of the sudden, baseball was difficult and could have been made easier if I paid attention to my eyes. Dr. Peters attacked a subject that athletes tend to take for granted: their vision. Great athletes are always looking for separators and this book makes you look differently and provides insight into an area that is not only valuable but can be improved without much stress. See To Play is an enjoyable read written by an expert whose opinion is valued at the highest level of sport.'' ---- Dave Telep, ESPN

Dr. Michael Peters is a practicing partner of Eye Care Associates, based in Raleigh, NC which currently is the 20th-largest provider of eye care in the United States with 30 doctors and 20 offices. He attended West Virginia University for his undergraduate work and received his doctorate from Pennsylvania College of Optometry in 1988. After graduation, he started his sports vision specialty at Eye Care Associates and is currently the director of their sports vision program. He is the eye doctor for several area professional sports teams and continues to work with elite athletes and athletes in the Olympic, collegiate and amateur ranks. He has also lectured and published articles nationally on his work with athletes. He lives in Raleigh, NC with his wife, Stacey and their three daughters. Dr. Peters' stats: 1997 - present Carolina Hurricanes Team Optometrist 1998 - present Tampa Rays (AAA) playing for Durham Bulls 2011 - present Carolina Rail Hawks Team Optometrist 2009 - present Cincinnati Reds (AA) playing for Carolina Mudcats 2003 - present USA Baseball 2011 58th NHL All-Star Teams 2003 North Carolina State University - Director of Sports Vision program 2002 - 2008 Florida Marlins (AA) 1999 - 2002 Colorado Rockies (AA) 1991 - 1998 Pittsburgh Pirates A) 1989 - 1997 Atlanta Braves (A) Wakefield High School

I am not a professional athlete and this book was immensely helpful to me. Arguably, I do not even exercise 'regularly' enough. I do however value my ability to see and want to keep my eyes as healthy as I can for as long as I can. This book helped me during a period of recovery from an internal eye injury from a car accident. Dr. Peters' writing is fun and informative, so it's an enjoyable easy read. In a friendly and conversational tone he describes the multiple ways that elite athletes have superior vision compared to others who don't become pro athletes. Regardless of athletic ability, he simultaneously encourages everyone to engage in his various vision exercises (that can easily be done at home using everyday type objects). This book is useful for a wide range of

individuals of all ages. He includes a few chapters to inspire young athletes (as young as 3 years old) along with vision exercises and games that are age appropriate. My friend is a triathlete, and her son plays ice hockey. They are excited to read Dr. Peters' book and start doing some of the vision exercises!

Dr. Peters takes the complexity of the human eye ball and simplifies it for the individual reader. Dr. Peters differentiates the eye functioning of an elite versus normal athlete, and how seeking out an optometrist to correct ones vision is imperative with excelling and going from good to great. The most important aspect of the book is the emphasis on vision training and the use of it in today's world class athletes and what separates them from the small percentile that excel in their specific sport.As a hockey coach, the information presented by Dr. Peters has given me a heightened awareness as to how important the eyes are when playing sports. Whether it be on or off the particular playing surface one competes on, Dr. Peters gives his reading audience ideas on how enhance an athletes vision using specific drills. Further more, as coaches, we can get creative within our specific fields and create drills that will have an impact on the individuals specific position he or she plays. More times than not, the eyes are overlooked. Not the case anymore. An athlete who wants success at the highest level within their particular sport should consider vision training and to take care of the eyes functionality.

ÃƒÂ¢Ã â ¬Ã Å“See to Play: The Eyes Of Elite AthletesÃƒÂ¢Ã â ¬Ã Â• by Dr. Michael Peters presents a very strong argument in support of the importance of vision training on athletic performance. The book is clearly written and can ideas presented can be followed and understood by readers without any previous experience or knowledge in this topic. Readers are also helped by the incorporation throughout the different chapters of the book of numerous and pertinent specific examples that illustrate the concepts being discussed.Each of the first eight chapters of the book is dedicated to explain a specific area of vision in the context of athletic performance. The chapters contain the right amount of technical discussion for the non-expert reader to grasp the ideas discussed without feeling overwhelm by excessive technical detail. Chapters 9 and 10 are dedicated to provide readers with useful tips about healthy life styles related to maintaining optimal vision and information about vision related injuries. Chapters 11 and 12 present a variety of practical exercises that most of them can be easily implemented without any special equipment or setting. In the final chapter of the book, Dr. Peters presents a brief description of the method he uses to assess and rank athletes regarding their vision capabilities and their possible implications for how well they may

perform.The book would be of value no only to trainers from different sports, but also to young athletes, and their parents, interested in becoming familiar with this very important component of athletic performance that is often neglected by the majority of coaches and programs.

My optometrist mentioned Dr. Peters' book during one of my check ups when I mentioned the topic of vision training that I had been researching for my son's baseball training. I found the topic intriguing so I ordered the book. The book is has a lot of information and data that supports the importance of sports vision, and the possibilities for training and nutrition to improve it. While there is a lot of scientific issues discussed, it is not overwhelming and it is presented in a way that is helpful to understanding the topic. After reading the book, on a trip we were taking I had my son meet with Dr. Peters and undergo a sports vision eye exam. The information from the exam was very interesting. I would highly recommend Dr. Peters' book, and his sports vision eye exam to anyone who is interested in this topic.

Great book, lots of good examples and the exercises at the end are cool too. Lots of options and they even recommend exercises based on age and even give you a schedule with rest days built in too. The book is easy to read, although there are some parts where I'm getting confused because the terms are "scientific" and the Lord knows I'm a simple man. But, it's not overwhelming where you feel like you need to possess a PhD to get value out of this book. I bought this to help my daughter with improving her vision for softball, only time will tell as the book clearly tells you that each of us are born with genetic limitations of our vision. The book and exercises will help you to perform at the best of your genetic capabilities. I would and have recommended to other parents because vision is so overlooked beyond "get your eyes checked".

Download to continue reading...

See To Play: The Eyes of Elite Athletes Lebron James (3rd Revised Edition) (Amazing Athletes) (Amazing Athletes (Paperback)) Alex Morgan (Amazing Athletes) (Amazing Athletes (Paperback)) Elite: Tales from the Frontier: Elite: Dangerous, Book 7 Pedigree: How Elite Students Get Elite Jobs Games Girls Play: Understanding and Guiding Young Female Athletes Just Let 'em Play: Guiding Parents, Coaches and Athletes Through Youth Sports Manga Drawing Books How to Draw Manga Eyes: Learn Japanese Manga Eyes And Pretty Manga Face (Drawing Manga Books : Pencil Drawings for Beginners) (Volume 4) Trees and Shrubs (Yesterday's Classics) (Eyes and No Eyes Book 5) Plant Life in Field and Garden (Yesterday's Classics) (Eyes and No Eyes Series) Through The Eyes Of Jesus Trilogy (Through the Eyes of Jesus) Biology Through the Eyes of Faith:

Christian College Coalition Series (Through the Eyes of Faith Series) A Collar In My Pocket: Blue Eyes/Brown Eyes Exercise Psychology Through the Eyes of Faith (Through the Eyes of Faith Series) Lebanon: Through Writers' Eyes (Through Writers' Eyes) New Mexico: A Guide for the Eyes (Guides for the Eyes) How to Play the Recorder: A Basic Method for Learning to Play the Recorder and Read Music Through the Use of Folk, Classical, and Familiar Songs (Handy Guide) (How to Play Series) How to Play Banjo : A Complete Banjo Course for the Beginner That Is Easy and Fun to Play (Handy Guide) (How to Play Series) Ultimate Bass Play-Along Rush: Play Along with 6 Great Demonstration Tracks (Authentic Bass TAB), Book & CD (Ultimate Play-Along) Ultimate Guitar Play-Along Led Zeppelin, Vol 1: Play Along with 8 Great-Sounding Tracks (Authentic Guitar TAB), Book & 2 CDs (Ultimate Play-Along)

Contact Us

DMCA

Privacy

FAQ & Help