

# INTRODUCING THE TOTAL REACTION SCREEN (TRS)

## 1. What is it?



The Total reaction Screen (or TRS) is a system incorporating a frame from which strips of material hang to form an apparently solid screen wall. The screen is designed in a way to allow the screen to part and allow an object contacting the screen to pass through the screen. This allows participants positioned either side of the screen to throw, pass, kick or hit an object through or under the screen. The object is only sighted once it passes through or under the screen thus reducing the time the receiving participant must respond and react.

## 2. Reasoning Behind TRS

The TRS is specifically designed to take its users out of their Comfort Zone. A “Comfort Zone” is a stress-free environment where a person can rely on natural ability to perform assigned tasks to a required level. Taking a person outside their Comfort Zone and requiring them to perform under stress enables that person to achieve their Optimal Performance Levels. The result of training in those conditions results in higher performance standards, fitness and application.

## 3. Use in Schools

### Exercise

Exercise for children creates leaner bodies with stronger muscles and bones and improves fitness. Fitter children face less risk of suffering from the lifestyle diseases and other potential emotional issues than do obese children. The three pillars of fitness are endurance (developed through aerobic activity), strength (increased by specific exercises to help tone or strengthen muscles) and flexibility (created by stretching and allowing muscles and joints to bend and move easily through their full range of motion).

## Use of the TRS as an Exercise Tool for ALL Schoolchildren

The TRS when used as a training aid for schoolchildren offers an interesting and fun way to exercise and improve fitness levels. It is particularly beneficial for those children with learning or attention difficulties as it maintains their interest in involvement throughout its use. Exercise drills can be used in game like situations to make its use even more interesting and entertaining whilst improving a child's hand/eye co-ordination as well as their response and reaction times.



## 4. Use in Sports Training

From novices to budding champions, the TRS offers a range of benefits in all sports where response and reaction times are an essential element of that sport. Regular training with the TRS will result in improved:

- Preparation
- Focus and Concentration
- Balance
- Anticipation
- Hand/eye co-ordination
- Awareness, and
- Response and Reaction Times

Regular training using the TRS, under game related drills and scenarios, will allow the athlete to choose which response is the best to be applied in each situation and, in so doing, will take their skills to a new level with higher standards of performance and better results.

## 5. Further Information

Further information about the TRS may be found on our website

<https://totalreaction.com.au/> or by searching for Australian Sporting Innovations.

## 6. Ordering Your TRS

Alan Pearson of SAQ International has been appointed sole distributor of the TRS for the whole of the United Kingdom and Europe and he is now accepting orders. Contact details for placement of your orders are:

Online: [www.saqinternational.com](http://www.saqinternational.com)

Email: [alan@saqinternational.com](mailto:alan@saqinternational.com)

Office Phone: 01664 503740

Mobile: 07966 190016