



MCMMASTER GOLF FITNESS SYSTEMS IN CONJUNCTION WITH PGA SANDHURST, MOONAH LINKS (THE HOME OF AUSTRALIAN GOLF) AND THE MELBOURNE GOLF INJURY CLINIC PRESENT



TRAIN AS A TOUR PLAYER

THE MOST UNIQUE AND INTEGRATED GOLF SPECIFIC TRAINING PROGRAM IN THE WORLD



"I FULLY PARTICIPATED IN AN INTENSIVE GOLF SPECIFIC PROGRAM WITH RAMSAY AND HIS TEAM AND FOUND IT TO NOT ONLY GIVE ME AN INSIGHT INTO MY STRENGTHS AND WEAKNESSES BUT HOW FAR SPORTS SCIENCE HAD ADVANCED IN TRAINING GOLFERS. THE PROGRAM WAS VERY SPECIFIC TO MY INDIVIDUAL BODY TYPE AND HAD A STRONG RELEVANCE TO WHAT I WAS TRYING TO DO TO IMPROVE MY GOLF SWING. I STRONGLY RECOMMEND THE PROGRAM TO ANYONE THAT IS SERIOUS ABOUT IMPROVING THEIR GOLF"

: ALISON NICHOLAS (US OPEN CHAMPION AND MULTIPLE WINNER ON US AND EUROPEAN TOUR)



TRAIN AS A TOUR PLAYER - PROGRAM FOR 3 TOUR PLAYERS / SERIOUS GOLFERS

DAY 1 GOLF ORIENTATION DAY/GOLF TESTING DAY

This will include full testing of the golfer to ensure there is a full diagnosis of golf swing breakdowns and body breakdowns. The golfer will be made aware of the areas which clearly need to be developed and improved. The golf physiotherapist, golf myotherapist, golf strength and conditioner and golf dietician will fully test each golfer on a one on one basis to ensure assessment is individualized and uniquely golf specific.

A full analysis and report from your PGA golf coach is strongly recommended. Please note, your golf coach is welcome to attend the three days and have full involvement in the program.



OUR SPORTS SCIENCE TEAM MATCH YOUR GOLF BODY WITH YOUR GOLF SWING

DAY 1 - TRAIN AS A TOUR PLAYER OBJECTIVES

M1 Myotherapy Objectives are:

1. To identify overall range of movement, deficiencies that may limit the swing.
2. To identify muscle imbalances/weaknesses that affect good swing mechanics and potential injury.
3. To identify neural and joint mobility which may lead to altered movement patterns, weaknesses and pain.

P1 Physiotherapy Objectives are:

1. To identify the golf motor pattern breakdowns within the individual golfer.
2. To relate these golf motor pattern breakdowns to the movement patterns and postural control of the individual golfer.
3. To explain golf specific training e.g. periodisation, traffic light planner, intentional golf time management, credit system.
4. To explain how to rate your body for golf.

S & C1 Strength & Conditioning Objectives are:

1. To perform a Titleist assessment to assess the body for golf conditioning and to link body issues to swing faults.
2. To explain the difference between golf specific conditioning and generic conditioning.
3. To prioritise body imbalances based on physiotherapy and Myotherapy screenings.

N1 Nutrition & Hydration Objectives are:

1. Golf hydration levels.
2. Nutrition on the golf course.
3. Maintaining energy levels.
4. On course eating.
5. Travel/eating/drinking strategies on tour.
6. Food supplements for your golf bag.





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DAY 2 GOLF SPECIFIC EXERCISE MENU

The purpose of this day is to expose the golfer to a variety of golf specific training regimes and exercise drills. There will also be a designated breakout session.

Biomechanical analysis, physiotherapy, myotherapy and strength and conditioning professionals will now lay out individual programs.

Please note that there will be interactive golf workshops to choose from, as shown above.



WE USE UNIQUE BEACH GOLF EXERCISES TO BUILD UP BODY AWARENESS AND TO COUNTERBALANCE THE FLEXED POSTURES OF EXCESSIVE GOLF

BREAKOUT/RECOVERY SESSION

Option 1 BG1 Beach Golf Workshop

This is a unique program specific to golf conditioning. The benefits are:

1. It is outdoors and therefore complements golf.
2. The unique drills in the sand enhance specific golf muscles.
3. It is less stress on the joints and spine of the golfer.
4. The dune work mentally challenges the golfer.
5. Good co-ordination is required which complements the golf swing.
6. The sand builds up "feel".
7. All tour players feel a close relationship between sand work and the golf swing.
8. This program can be used for all ages from Tour Players to 70 year golfers.

Option 2 Interactive Posture and Golf Workshop

1. Improving everyday posture in the office.
2. Posture and golf setup.
3. Spikey ball postural education program.
4. Back pain management for golfers.

I have used many of these golf fitness systems since being in the Australian Institute of Sport and after 12 years on Tour continue to access them not only for performance enhancement but to promote my longevity on Tour

MAT GOGGIN
AUSTRALIAN AMATEUR CHAMPION
1993 US PGA TOUR PLAYER

I have worked closely with these programs and have found the Spikey Ball drills to be the cornerstone of home treatment programs for all of my golf clients. From back ache to foot pain, the Spikey Ball has a note to play with all golfers.

ORLAITH BUCKLEY
GOLF PHYSIOTHERAPIST TO
IRELAND NATIONAL TEAM &
EUROPEAN SENIORS TOUR



McMASTER SPIKEY BALL

The unique and original spikey ball program originated in Australia to build up body awareness, postural correction and to provide a unique self help program for clients who attend sports therapy and back management clinics. The program is now extensively being used around the world and the ball is exclusively made with 100% Australian rubber.

As a result of fixed postures, muscle imbalances and excessive repetition associated with the sport of golf the Spikey ball has been used extensively to alleviate these conditions.

This information is now being used for all types of patients with musculoskeletal disorders eg. computer operators, postural dysfunction in young people and sports injuries to name a few.



TRAIN AS A TOUR PLAYER - PROGRAM FOR 3 TOUR PLAYERS / SERIOUS GOLFERS

DAY 2 GOLF SPECIFIC EXERCISE MENU

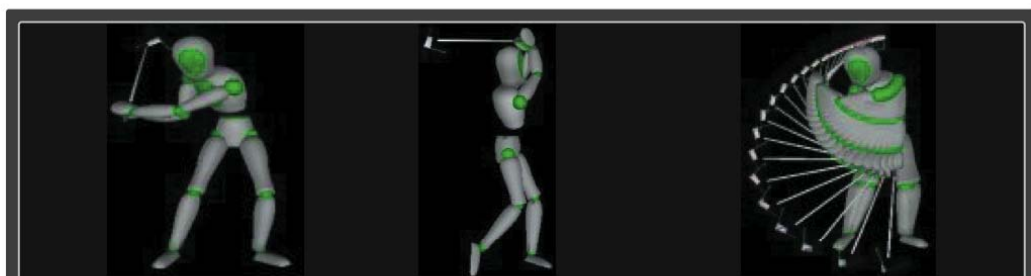
3D1 Biomechanical Analysis

Through the combination of a physical screening and 3D motion analysis, we can measure key aspects of technical performance, technical and physical correlates and establish cause and effect relationships. From this, we are able to identify sources of technical deficiencies and physical limitations so that appropriate intervention strategies can be identified and implemented.

Specific postural awareness, flexibility exercises, biofeedback and golf specific exercise drills complement your coaching program to aid technical corrections and the learning of new "feels" associated with swing changes.

Integration - linking the technical and physical aspects for accelerated technical development. It can truly quantify the following:

1. Co-ordination & Timing.
2. Swing Dynamics.
3. Injury Risk.
4. Dynamic Postural Control & ROM
5. Swing Consistency.



WE USE STATE OF THE ART 3D ANALYSIS AND BIO FEEDBACK TO ENSURE YOUR BODY AND SWING MOVEMENTS ARE INTEGRATED

M2 Myotherapy Objectives for Day 2 are:

1. Golf specific Myotherapy to address abnormal muscle tension.
2. Golf specific stretches.
3. Myofascial releases techniques to relieve over tight muscle groups.

P2 Physiotherapy Objectives for Day 2 are:

1. Golf specific physiotherapy to improve postural control in the golfer.
2. Toothbrush drills to ensure good muscle recruitment in the swing.
3. Hands on work for postural awareness to promote good proprioceptive feels in the golf swing.
4. Reinforcing the improvement of golfer specific motor pattern in the body and the golf swing.

S & C2 Strength & Conditioning Objectives for Day 2 are:

1. To expose the golfer to various forms of strength and conditioning specific to golf e.g. leader board, golf pilates, golf yoga, golf cardio, golf swiss ball, golf cables, etc.
2. Using Day 1's screenings as a basis - select the best golf exercises to enhance the golf game and reduce likelihood of injury.
3. Take photographs and instruct the player performing all required exercises.

OPTIONAL: C1 Club Technology Objectives for Day 2 are:

1. To match up ball flight and ball speed with your golf biomechanics.
2. To access state of the art launch monitor.
3. To access Titleist club fitting and building.



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DAY 3 BREAKOUT SESSION

BG2 Beach Golf

OR the option of Golf Pilates Workshop, Golf Travel and Competition Workshop or Back Care for Golfers Workshop

PLEASE NOTE the following workshops are designed to enhance your knowledge of how your own body should feel when you play golf.

M3 Myotherapy objectives for Day 3 are:

1. Final report on the muscle imbalances that need to be treated by your local Myotherapist.
2. A final check on spikey ball drills and golf stretches.
3. To ensure that the golfer is able to self assess the body's range of movement and muscle tightness.
4. Studying the Train Like A Tour Player manual to ensure you maximize effective practice, have travel strategies and know how to self assess yourself at tournaments.

P3 Physiotherapy objectives for Day 3 are:

1. To ensure you know exactly what your golf motor pattern classification is.
2. To provide your own personalised golf specific warm up cards.
3. Please note that personalized photographs of you performing each drill will be downloaded for your personalized CD.
4. To provide you with your screening report, personalized golf fitness training cards with you featuring on every card, golf gym kit and full manual prior to leaving.

S&C3 Strength & Conditioning objectives for Day 3 are:

1. To facilitate player-driven reinforcement & review of golf strength program using player designed tag-words, and designing goals and parameters for each exercise.
2. To produce hard (laminated) and electronic copy of golf fitness program (Hotel Version, Split Gym Program & Cardio Program) for the player.
3. To produce a weekly planner (tournament week & non-tournament week) encompassing all practice, fitness & play to ensure maximum physiological and psychological balance & benefit. This planner can be emailed to your golf exercise physiologist on a weekly basis for ongoing support to keep you motivated (extra costs involved).

3D2 Biomechanics objectives for Day 3 are:

1. To get a full report on your swing biomechanics.
2. To provide a full technical and performance report.
3. To provide biofeedback which will promote accelerated golf development, accelerated skill learning and learning of feels associated with technique change.



WORKING CLOSELY FOR FULL INTEGRATION

GOLF SPECIFIC DYNAMIC DRILLS

ROTATION WORK IS ESSENTIAL FOR GOLFERS

**TRAIN AS A TOUR PLAYER - PROGRAM FOR 3 TOUR PLAYERS / SERIOUS GOLFERS****CONCLUSION**

All golf programs and golf reports are packaged to the individual's needs. These are provided on hard copy, CD or DVD to give you your own personal program to take home to allow you to continue with your golf improvement.

A unique personal golf training manual will be provided with all of your reports. Programs and training pathways are included as a longstanding log book. The emails and contact numbers of all service providers are issued to ensure the golfer can contact these professionals with any queries.

The 2.5 day program is arguably the most concise and golf specific in the world. It truly is a unique opportunity to maximize your golf potential and prolong your golf longevity.

OPTIONS

INDIVIDUALISED:	ONE ON ONE - 2.5 DAY SESSION
	CONDENSED - 1.5 DAY SESSION
REFRESHER DAY:	REVIEW SESSION - 1 DAY
GROUP/COUPLE SESSION:	1 DAY
WINTER TRAINING TO PREPARE FOR THE NEXT GOLF SEASON:	RING AND ASK US
GOLF SPECIFIC GOLF REHABILITATION PROGRAMS:	TREATING NECK, BACK, HIP & SHOULDER INJURIES SPECIFIC TO GOLFERS

CLIENTS**SERVICING**

				
AUSTRALIA • Consultant to PGA Australia • Consultant to Golf Australia • Consultant writer Golf Digest Magazine	DENMARK • Leading Tour Player Consultant • Annual lectures to Danish therapists, coaches, & trainers	DUBAI • Lectures to UAE PGA Members • Training camps with Tour Players at Emirates Golf Club	ENGLAND • Consultant to Leading Tour Players of the Great Britain & Ireland PGA at the Belfry	HOLLAND • Key note speakers at Dutch PGA Coaching Summit • Lectures at Royal Hague
				
SOUTH AFRICA • Lectures for Sth African PGA • Coaches physiotherapists and golf trainers	HONG KONG • Lectures for Hong Kong PGA • Consultant to Hong Kong Golf Association and Magazine	IRELAND • Working closely with Irish Golf Team Physiotherapist and Irish PGA	NEW ZEALAND • Consultant to NZ PGA and NZ Golf Federation • Leading Tour Player Consultant	SCOTLAND • Personal Consultant to Golf Union and Leading Tour Player/Coach
				We are the main service provider for all medical services on the Ladies European Golf Tour
SWEDEN • Leading Tour Player Consultant • Annual lectures to therapists and trainers	TAIWAN • Golf Fitness Consultant	USA • Leading Tour Player Consultant • 'First Tee' Fitness Consultant • Titleist Performance Institute Panel Member		

GOLFERS UNDER REHABILITATION ALSO AVAILABLE...

For more information visit WWW.GOLFMED.NET and see Golfers Under Repair.