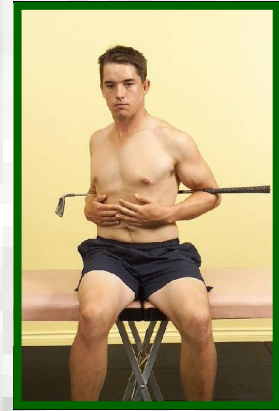




THE GOLF ATHLETE

## 2008 Menu of Services



### Seminars:

- ✓ **2-Day Workshop for Allied Health Professionals** (Physiotherapists, Sport Scientists, Strength & Conditioning Consultants, Osteopaths, etc.)
  - Focuses on the application of 3D technique analysis leading to physical screening/evaluation and exercise intervention
  - Levels I & II Seminars available
- ✓ **2-Day Workshop - Long Term Athlete Development for Golfers** (Allied Health Practitioners, Administrators, Coaches and Players)
  - An integrated theoretical and practical application of LTAD to golfers—including how to test through all the developmental stages, specific exercise content and creating a curriculum for players
- ✓ **1-Day workshop for Golf Coaches & Allied Health Professionals**
  - Practical application of technique evaluation using video and 3D, biofeedback, corrective exercises, assessment “on the range”; an integrated approach
- ✓ **1-Day workshop for Golf Coaches**
  - Biomechanics theory; common fault diagnosis; drills used to “fix” these common faults; application of real-time biofeedback

### Products/Services:

- ✓ **Performance Enhancement Program (for individual players)**
  - 2-hour complete 3D BioDynamics and Physiotherapy screening
  - Technique evaluation, reports (before & after biofeedback) biofeedback, full physical screening including report; exercise prescription
  - Optional one hour—Strength & Conditioning individual player assessment and exercise prescription &/or Podiatry Assessment for feet, lower limb and golf/training shoes
- ✓ **Self-Help Materials**
  - Better Body Better Golf Double CD for clinicians
  - Performance Enhancement DVD's series for players (in 2008)
  - TheraWedge™ and Posture Pro self-mobilization tool
  - Spikey Balls, Stretch Bands, Pocket Physios - self treatments tools
- ✓ **Website**
  - Latest research and advice regarding injury treatment & performance enhancement for golfers

### Conference Convenors - are you interested?

If anyone is interested in acting as a convener for our seminars in your part of the world, we offer: attendance at the course, discounted prices (some at no cost) on products and 10% of gross revenues from the course to that person. Please contact Rob or Michael if you are interested: michael@thegolfathlete.com or r.neal@golfbiodynamics.com or visit the website and complete your details



