

Golf BioDynamics

Golf BioDynamics are the experts in 3D swing analysis. Years of research and experience give us the edge and we are serious about performance enhancement for all those looking to improve their game.

We use a 3D System to measure exactly the way your body moves during your golf swing. These are objective measurements of your swing technique. Then we isolate the technical (mechanics) and physical (stability, flexibility, etc.) issues in your swing and provide a blueprint for improvement.

For more information on Physical Screening and Performance Enhancement advice for golf contact:

Mr. Michael Dalglish (Sports Physiotherapist)
Phone: 0438 678 467 (M) /3354 8666 (W)
Email: michael@thegolfathlete.com
Website: www.thegolfathlete.com

Please Note: It is important that when you address any physical issues, you continue to have regular contact your Teaching Professional. Physical improvements don't transfer automatically to produce a better golf swing!



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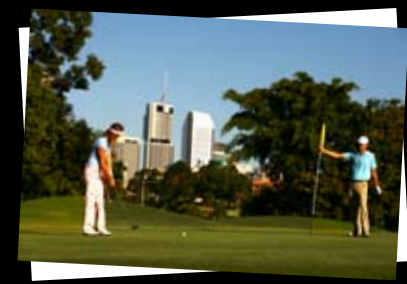
www.victoriaparkgolfcomplex.com



3D Swing Analysis

YOUR PATHWAY TO A BETTER SWING!





Using the best available hardware for motion analysis and proprietary software, Golf BioDynamics offers a unique and easy to understand system of swing analysis and technical intervention for any level of golfer.

It's like taking an MRI of your swing, enabling a more in-depth look at technique than with video alone.

The instructional based program, centred around accurate measurement of body motion, BioFeedback Training and advice on golf specific physical conditioning, is designed to improve a golfer's swing technique and ultimately their enjoyment of the game. Intervention is always based on the abilities of the individual, so while we can make comparisons to playing professionals, a golfer is always compared with a 'realistic model'.

The program is carefully designed to compliment the instruction currently being provided. It also allows us to consult with your Physical Therapist or Trainer, and help to facilitate a more golf specific training program since the 3D Swing Analysis Report can also be used as a dynamic assessment of a golfer's physical abilities. An integrated approach to performance enhancement has always been our motto.

1 HOUR SESSION

1/2 hr sessions also available

What's included?

- Wear a vest with sensors to measure your movements during the golf swing
- Hit golf shots that will be used for the swing analysis
- The GBD Report will be explained in detail to better understand your swing
- Receive ½ hour "instruction" with sensors attached (BioFeedback Training)
- Advice on 'how to practice' technical change
- 1 session included in 'Gold' package

Your (GBD) Golf Instructors are:



Sean Dwyer
sean@vpgc.com.au



Jim Barden
jim@vpgc.com.au

Learn Faster with BioFeedback Training (BF)

What is it?

Your golf swing is all about "how it feels for you". So our goal is to assist you in developing a 'new feel' for moving your body differently by providing audio feedback about your body position or movement. It may be something as simple as correcting an 'open' shoulder alignment at set-up or as complicated as improving your lateral weight shift on the downswing. We want to ensure that you stay on the right path with your swing changes!

Focus your Practice

A short session can help you focus your practice time by giving you the correct feel for the movement you are trying to perform. As little as 10 mins of (BF) prior to your practice session can be enormously valuable.

