



Tony's Update

"Not Just Golf"

ACADEMIC WEEK – UNIVERSITY ALGARVE

The University of Algarve, (Faro, Portugal) are running their academic week in May, at which the public will have the opportunity to experience many different sports, beach volleyball, beach soccer, handball, surfing and golf are all being showcased. Tony, at the invitation of the University went along to share his knowledge, ideas and enthusiasm with a group of more than twenty volunteers. The volunteers will be responsible for introducing all the sports to newcomers and so Tony explained a few basic principles of how to set up a good learning environment, how to assess if the newcomer is right or left handed dominant and how to develop some of the skills required for putting. Forum Algarve have made available their artificial putting green during the week.



GOLF BUSINESS CONFERENCE

The second Golf Business Conference took place in Poland during the last week of April and attracted a number of high profile speakers, amongst which were, Mike Pask from IMG, David MacLaren from the European Tour, Mark Casey from the Ladies European Tour, Lodewijk Klotwijk from the European Golf Course Owners Association, Tony Bennett from The PGAs of Europe and Jerry Kilby of the Golf Club Mangers Association. Each speaker made their presentations on the future growth of players, the game and the industry.

NEW SPONSORSHIP AGREEMENT

Tony is very pleased to have reached an agreement with the Hotel Melia Aldeia dos Capuchos, to be his official Lisbon region hotel. "I have watched closely the development of the hotel and golf course over the last couple of years and am very impressed with the facilities," said Tony who travels extensively and went onto say that, "when you travel as much as I, it is nice to stay in comfortable surroundings and receive excellent service, Hotel Capuchos and their staff tick both boxes". The spa and golf course will be open in July 08, the hotel offers a spectacular view over Caparica.

NEW WEBSITE LAUNCH IN MAY

Over the last few months, Tony and his team have been testing our new website, which is due to go live this month. During the development of the new site, there have been many discussions with readers and industry representatives from a variety of sporting backgrounds. The site will share information on coach education, business and learning. Specific thanks go to John Bird of Tazam who has designed the new website.



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SPORTING TRANSFER

At the recent World Cycling Championships, former rower Rebecca Romero made history by claiming her first cycling World title, beating last year's women's pursuit champion Sarah Hammer of the USA in the most convincing fashion.

In the Individual Pursuit, the two riders start on opposite sides of the track and ride until one rider catches the other or the 3,000m distance is completed.

The story however is not that Rebecca won the title but that she started her athletic career as a rower at 17 years of age, "I didn't know that I was walking into one of the most successful women's rowing clubs with one of the best junior coaches in the country" said Rebecca, who randomly picked out the club from the telephone directory. Within eight months she was selected for the Great Britain Junior World Championship Team and so started a career which lasted 10 years and saw her win the gold medal at the World Championships and a silver medal in the 2004 Olympics.

The switch to cycling came in 2006 after she had been approached by British Cycling and put through a series of talent identification and performance trials. In April 2006 Rebecca started training as a cyclist with the Beijing Olympics the focus of her attention. Within five months she was already British Time Trials Champion and the race was definitely on to be selected for the Olympics. If she does reach Beijing then she will become the first athlete to represent Great Britain at two different Olympics Games in different sports, but she is not satisfied with that and her aims are much higher. Rebecca aims to become the first athlete to win Olympic medals in two different sports! If her performance at the World Championships is anything to go by then she has a great chance to achieve her dream.

Rebecca's maxim is, "You can but dream.....but can you live your dream?", to find out more information on Rebecca visit www.rebeccaromero.co.uk.

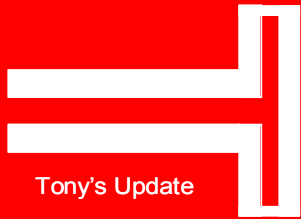
Rebecca Romero



Sporting Transfer

A positive transfer can often be seen when a Netball player transfers to Basketball or when a Rugby player transfers to American Football. The learned skills from one sport are useful in another.

A negative transfer often comes when a Tennis player changes to Badminton or vice-versa. In such cases the movement or technique in one sport is at odds with those needed in the other.



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GOLF CONDITIONING, A THREE STEP PROCESS

There are several aspects to total fitness for golf. Most golfers can walk 18 holes but conditioned players can produce more powerful and coordinated swings, resulting in better and more consistent shots. The repetitive nature of the golf swing exposes players to injury, & to help avoid physical breakdown it is wise to commence a preventative physical programme. Successful programmes include;

- Flexibility
- Functional exercise (Core stability)
- Strength and power

Players suffering from back or heart conditions should always consult with a doctor before commencing a physical preparation programme.

A basic conditioning programme should always build on flexibility & stretching to help the development and maintenance of optimal joint range of motion throughout the athletes body. In the last few years, the benefits of increased flexibility have started to appear, however traditional focus is on increasing flexibility without controlling the range of movement in the joint.

Inability to correctly sequence movement patterns may result in the club reaching its maximum speed before or after impact, resulting in inconsistent contact.

Recent studies have revealed that greater power can be generated when a muscle is pre-stretched before performing its task, causing an elastic type recoil. When stretching an athlete should consider the four steps to successful stretching.

Stuart Reynolds has a Higher Diploma in Sports Injuries and is a Golf Bio-mechanic. Contact stujurey@sapo.pt or (+351) 96 6139678



Four steps:

Identify the short tight muscles.

Select stretches to restore optimal golf flexibility in muscles and joints.

Correct flexibility with development stretching.

Once normal range of motion is restored, maintain flexibility with combination of maintenance, pre / post-event stretching.



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ALL SHOOK UP

The origins of whole body vibration training or "acceleration training" stretch back 40 years to work conducted by the Russian Space Agency to combat the effects of zero gravity on the musculo-skeletal systems of its cosmonauts. Acceleration training requires the use of a specifically designed machine and tools which can consist of a vibrating platform, allowing the user to perform a variety of exercises while standing, or placing their hands on the vibrating platform. One such tool and machine is the "Power Plate".

Scientific research reveals that acceleration training, provides

- Recruitment of nearly 100% of muscle fibres
- Improved synchronisation of muscular motor units
- Improvement in the stretch reflex cycle.

The Journal of Sports Science and Medicine, recently reported on the effects of whole body vibration training on sprint running kinematics and explosive strength performance. Using non experienced athletes and a six week training programme on the Power Plate the results indicated a significant improvement in overall sprint speed as well as the kinematics of sprint running - step length, and rate.

For details of when Tony will be next in Lisbon
call (351) 93 2524253 or email scoringzone@gmail.com

Our new website will be launched in May
providing coach education, business and learning sections.

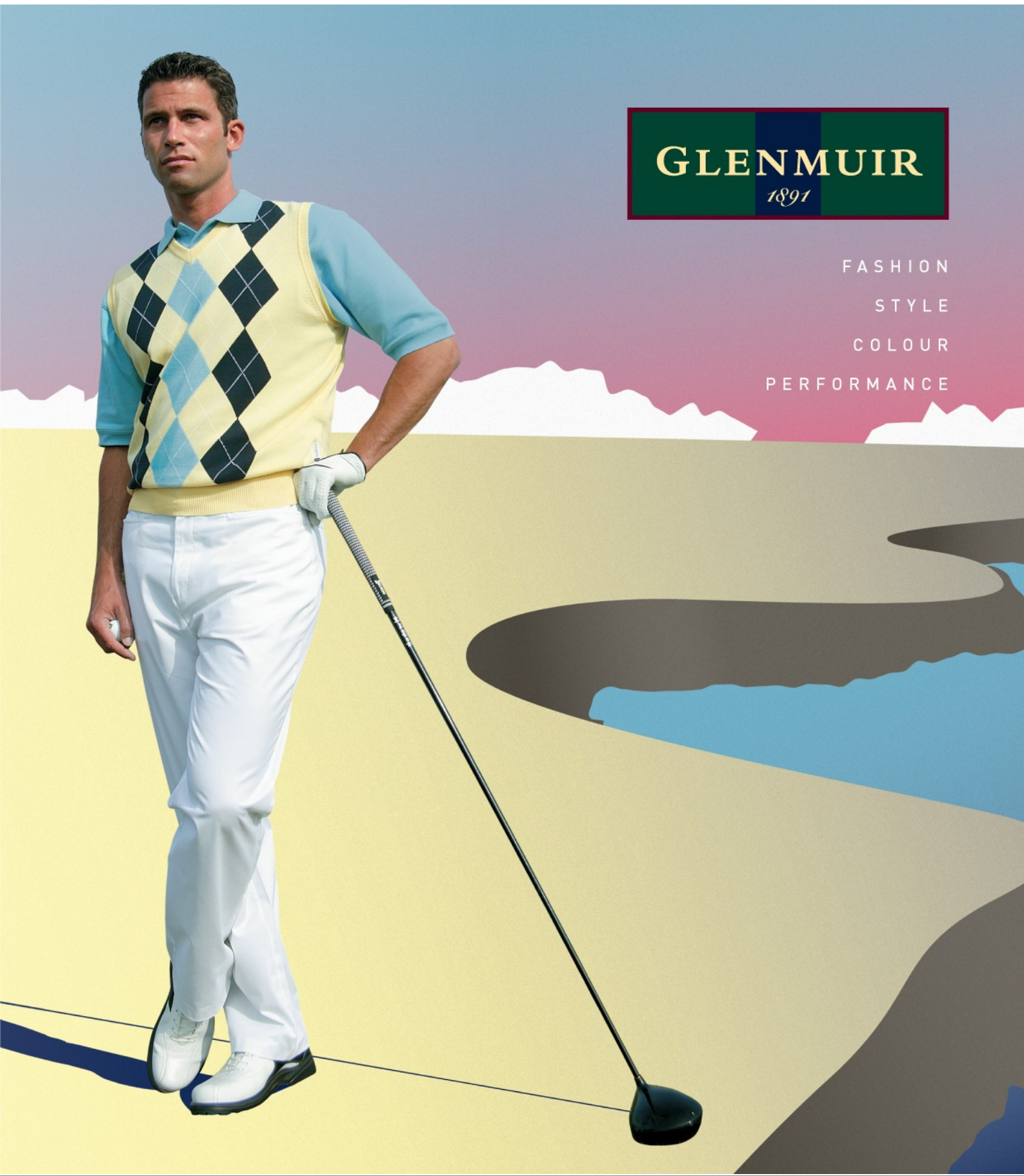
SHAKING UP YOUR GAME

The knowledge and effectiveness of physical training for golf has developed over the last 20 years. Static stretches have given way to dynamic flexibility, the power of the core and balance training has provided a new base for stability in movement. Explosive power and efficiency of the kinematic sequence are key elements of training, as are flexibility and strength. As a result not only the elite are adopting fitness programmes, but also beginners & juniors, who experience longer and healthier careers with improved training.

Before starting any physical fitness programme, an athlete should consult a suitably qualified trainer, while discussing their individual needs and objectives.

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