



“A Division of Back9Fitness®”

Presents

Professional Golf Training Camp

Purpose:

Professional golf at the games highest level is the only professional sport which does not utilize a pre-season training camp to prepare physically for the upcoming season. Seeing and meeting the need of touring professionals, Back9 TOUR Services, *a division of Back9Fitness®*, has developed a training camp program, which will allow these top level professionals to advance physically and properly prepare for the upcoming tour season.

Touring professionals can expect to receive top quality physical assessment, golf performance training and complete program development assuring the necessary physical development needed to play successfully and consistently at any level. Players can expect to train and practice in our state-of-the-art facilities allowing a completely structured and committed preparation process to occur.

Players have the flexibility to commit from one day to multiple weeks during their off-season based on their goals and needs. This program is now offered to professionals on the PGA, Champions, LPGA, Nationwide and other Mini-Tours as well as developmental programs for the highest level amateurs looking to take their games to the next level professionally.

“Get Away, Get Focused and Improve Physically”

Mission Statement

Back9 TOUR Services, *a division of Back9Fitness®*, is proud to offer a complete ethical, professional and structured golf-specific fitness, performance and rehabilitative program specifically designed to help bolster the development of the professional golfer assuring their ability to perform at the games highest level on tour.



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Program Description and Highlights:

- This program is truly unique and specifically designed to cater to the needs of the touring professional.
- Access to “new” Jim McLean Competitive EDGE Performance Center
 - Featuring a 2,500 square foot gym and fitness studio with state-of-the-art functional training equipment.
 - Equipment lines include TRUE®, Star Trac® and Keiser®.
- Use of cutting edge diagnostic equipment including:
 - Dynamic Balance System (DBS) by Sports Balance Technology – measure center of gravity movement in the golf swing allowing feedback on swing mechanics and performance training.
 - 3-D Motion Analysis by Golf Biodynamics – Allows players to look at kinetic linking during the golf swing therefore assessing for power leaks in swing.
 - 2-D Video Technology featuring ASTAR – Combined technology with the Dynamic Balance System (DBS)
 - 3-D Postural Assessment Tool by Posture Pro– Allows players to track postural balance allowing facilitation of proper swing mechanics.
 - Comprehensive golf fitness screening
- Complete program development based on diagnostic findings
- Access to state-of-the-art mobile trailer at practice facility
- Unlimited use of 22.5 acre practice facility
- Lodging accommodations
- Personal locker in club house
- Breakfast and Lunch included daily
- Massage and soft tissue release (up to 2 session/week)
- Access to licensed physical therapist
- Private and individualized sessions
- Multi-discipline golf-specific approach featuring additional services:
 - Chiropractor treatment
 - Mental game coaching
 - Nutritional consultation



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Package Options:

- I. Resident – Player wishing to reside at course and/or camp. This package includes the services listed above plus deluxe accommodations and two meals per day.
- II. Commuter – Player wishing to commute daily to course and/or camp. Includes the above service package excluding accommodations.
- III. Daily Facility Use – Daily rate available that includes one night stay and one day meals.
- IV. ½ day Program – Excludes accommodations and meals.
- V. Hourly rate – Available for individual programming at hourly rate

Reserve your training camp weeks now, for space is limited!

Daily Schedule

NOTE: Each schedule will be customized based on the individuals needs and goals

Typical Day 1: PHYSICAL ASSESSMENT DAY

7:00 am	Wake-up – Get Energized!
7:30 am	Breakfast at camp
8:30 am	Biotonix – Postural Assessment
9:00 am	Musculoskeletal Assessment
10:30 am	Break
11:00 am	Stretch Session featuring AIS
12:00 noon	Lunch at camp
1:00 pm	Fitness Screen
	2-D Video Session
2:30 pm	Practice – Putting & Chipping
3:30 pm	Practice – Irons & Driver



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4:30 pm	3-D Motion Analysis <i>by Golf Biodynamics</i> Golf Balance Assessment <i>utilizing the Dynamic Balance System (DBS)</i>
6:00 pm	Recovery/Relaxation or massage
7:00 pm	Dinner
8:30 pm	Individual Program Design/Exercise Orientation
9:30 pm	Free Time to Room
10:30 pm	Lights out – <i>Recharge!</i>

Typical DAY 2: TRAINING DAY

7:00 am	Wake-up – Get Energized!
7:30 am	Breakfast at Camp
8:30 am	Functional Training Workout
9:30 am	Practice – Putting & chipping
11:45 am	Lunch at Camp
12:30 – 4:30 pm	18-Holes of golf
4:30 pm	Recovery/Relaxation
5:45 pm	Practice – Irons & Woods
6:30 pm	Specific Needs Workout
7:30 pm	Dinner
8:15 pm	Free Time in Room
10:30 pm	Lights Out - <i>Recharge!</i>