



## **PGA SPORTS PERFORMANCE PROGRAM**

*In addition to providing one on one personal training, PGA NATIONAL has recently launched a performance training department targeting those athletes interested in taking their game to the next level. The PGA NATIONAL SPORTS PERFORMANCE team is comprised of expert trainers and therapists dedicated to improving all facets of fitness and sporting performance. While we specialize in golf and tennis training, our trainers have a vast array of working experience with athletes from all sports. You do not have to be a professional or competitive athlete to enjoy the benefits we can provide. Most of our clients are not professionals, but enjoy and wish to keep playing the sport they love for years to come.*

### **What PGA SPORTS PERFORMANCE offers that other facilities do not:**

- A unique and focused approach to improving sport performance through fitness training
- A private one on one training studio.
- Small group training classes such as FIT FOR GOLF & FIT FOR LIFE
- Caring and motivated trainers with the highest levels of professionalism and knowledge.
- Experience with training athletes of all kinds, both touring professionals and amateurs alike
- A structured, goal oriented screening process designed to highlight weaknesses and limitations that may inhibit performance. The process includes:
  1. Comprehensive health history analysis.
  2. A sport performance player profile analysis.
  3. Computer video analysis.
  4. A computerized dynamic balance assessment utilizing the DYNAMIC BALANCE SYSTEM.
  5. Sport specific physical testing assessing mobility, stability, strength, balance, and power.
  6. If necessary, a medical assessment done by our Physical Therapist
- Access to the Titleist Performance Institute's website and exercise library
- Emailed workouts with picture and video descriptions.
- One on one treatment for everyday or sport related injuries. (Insurance is not accepted)
- Periodic lectures on the team based approach to preventing and treating sport related injuries.

*The PGA SPORTS PERFORMANCE team prides itself on taking a team based approach to improving performance. We will work closely with the coach/ instructor to optimize results no matter the sport. Once the athlete becomes a member of the PGA team, he/she will have access to a referral circle of fitness, health and sport instructional professionals.*

For more information contact Director of Fitness, Ken Macdonald @ 561-627-4444 or [ken.macdonald@pgaresort.com](mailto:ken.macdonald@pgaresort.com)