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"Train for the Game"

BY ADAM SMITH, PGA

Contributing Editor

Golf Instruction today is all encompassing. Some people take a lesson to cure a slice. Others seek instruction for the purpose of improving their shot making consistency. In my opinion, golf instruction should repair flaws and chart the course for total game improvement. When students come to see me, I make sure that I diagnose the main issue that needs to be addressed first. Perhaps it is a poor set up or bad posture that is causing an off center hit. I can fix that! Maybe there is a faulty alignment process that causes a flaw in the swing path. I can fix that, too! Although fixing the main symptom of the swing problem is a priority, my complete evaluation of the student's total golf game goes far beyond one fix. Sometimes there are physical limitations that prevent golfers from getting into the positions I want them to get in. And guess what? I can't fix that! That's when I utilize my resources.

The true path to a better golf game involves more than just a golf instructor. Visiting your local PGA golf professional is the start of your game improvement. After that, a consistent program of regular golf lessons is vital. Once you establish regularity with your golf game management, my advice is to find a fitness trainer. Once you know your golf swing, you need to get to know your own personal strength and flexibility issues. Many golfers who take golf lessons know that they should get in shape, but only a small percentage take action. Why is that? From my research, people tell me that they cannot find the time in their busy day. I usually suggest getting up two hours earlier and budgeting one of those hours for a fitness routine. Then, I remind them that if they can make time to take a golf lesson, then they should be able to take time to meet with a certified fitness trainer. Finally, I recommend a trainer to them. This is the most important part. I tell my students that they need to know the fitness experts that I know. This is how I utilize my resources. I suggest who they should seek their fitness training from.

Two experts in the field of sports performance and physical therapy that I have most recently started to work with are Glenn Pfluger and Brandon Ream. Glenn trains athletes of all ages and focuses on strength and flexibility training. Brandon also works with individuals of all ages and is more specialized in treating sports injuries and providing wellness and skilled treatments for musculoskeletal conditions. With physical fitness techniques and physical therapy recommendations, from these gentlemen, your golf game is destined to improve!

I recommend my that athletes who are looking to



Glenn Pfluger
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Brandon Ream
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American Physical Therapy Association
National Strength and Conditioning Association
Titleist Performance Institute Fitness Professional
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exceed their natural athletic potential get training with Glenn Pfluger. His over goal is to help inform, instruct and inspire you so that you can ultimately become a better athlete and overwhelm your competition. His initial assessment technique allows him to learn your strengths and weaknesses in the area of flexibility, cardiovascular endurance and muscle strength. I know this, first hand and many of my students can attest to his skill in assessing the golfing athlete. His next course of action is to outline a series of exercises that target your deficiencies. These are custom exercises, designed specifically for you! His follow ups with periodic performance assessments and evaluations keep your progress in check and allow him to modify techniques to change a course of action, if necessary or more aggressively strengthen your success. But the bottom line is that you have to be dedicated! Glenn sure is! And if you are serious about taking your golf game to the next level, then you should become serious about a fitness trainer like Glenn.

When it comes to getting back in the game, after an injury, surgery or the like, a physical therapy expert like Brandon is the way to go! His application of PT and his knowledge and guidance help you to feel better, manage your injuries and recover. He is a highly skilled therapist who is known for resolving issues. He uses assessments and medical practices to resolve issues and chart the course for wellness. He and his staff have specialized in treatment of orthopedic diagnosis, surgical procedures and injuries of all types.

Both Glenn and Brandon are golfers. I have had

the pleasure of getting to know them for their expertise in golf fitness and golf related injury recovery. They have furthered their certifications in the realm of "golf specific wellness," through Titleist Performance Institute training. For the golfer, they are able to utilize the golf assessment portion of their evaluation to recommend exercises that golfing athletes desire. And remember, all wellness assessments are good assessments for the athlete who wants to perform better.

Here is my advice for the junior golf athlete who wants to take his or her golf game to the next level. Get the best golf instruction you can get, first, then get an appointment for a fitness assessment with Glenn Pfluger. His sports performance program is called Two Steps Ahead. He uses multiple assessments and movement screenings to evaluate all athletes to help fix altered movement patterns which may lead to injury. The results of the evaluation will guide him to design a specific program for you! This program will help increase your movement patterns, strength, speed and will assist injury prevention. For boys and girls who want to be the best golfer they can be, his assessment can provide the information needed to plan your performance program more accurately. The benefit to you and your golf instructor are tremendous! You can become stronger, faster and more flexible. You can start a lifetime of fitness health that you can be very proud of and can make last for a lifetime! Just like your golf game! So, get inspired, get motivated and get fit for golf! Now is the time!