

PHYSIOTHERAPY SERVICES

Golf specific physiotherapy involves customising and integrating an individual's body to their golf swing. This process includes posture analysis, muscle imbalance assessment, muscular-skeleto screening, video analysis and the latest Titleist Performance Institute screening program. Leading international golf physiotherapist Ramsay McMaster undertakes these screenings and presents a number of "Train like a Tour Player" workshops that look at areas such as spinal care, tournament preparation, travel and posture. Customized sessions can then be arranged in physiotherapy, myotherapy and massage.

In the 21st century, the image of golfers is increasingly steering away from the bellied stereotype. Today, professional golfers are athletes. Golf-specific physiotherapist Ramsay McMaster is leading the way in the physiological transformation of the sport. What's more, club golfers can now reap the benefits from what the pro's are being taught.

PERSONAL DEVELOPMENT PROGRAMS

Preparing for a life as a touring golf professional or just improving as a casual golfer involves more than just hitting golf balls. Players are able to expand other areas of their lives and communicate with experts that assist them with topics such as goal setting, finance, time management and developing confidence.

NUTRITION PROGRAMS

For golfers to perform at their best they need to find an edge, and in recent times the bar has been raised, to be fitter and leaner than ever before. Not being at your optimum weight can also make a player more susceptible to physical fatigue, resulting in a potential loss of skill and concentration. The Moonah Links Golf Academy offers nutrition sessions that focus on preparation for regular and tournament nutrition and fluid replacement. Players learn the benefits of a balanced diet and are given individual assessments and prescribed personal diets.

BIOMECHANICAL PROGRAMS/ 3D SWING ANALYSIS

Biomechanical analysis is integrated with physical screenings and assessments, which create the basis for coaching direction and conditioning programs to enhance performance. Biofeedback training provides real-time kinaesthetic feedback, accelerating technical development and the learning of the 'feels' associated with technique change.

STRENGTH AND CONDITIONING PROGRAMS

For a strength and conditioning program to improve your game and reduce injury it must address an individual's strengths and weaknesses. These can be highlighted by physical screenings, biomechanical analysis and coaching video analysis. Knowing how an individual's game is being limited by their body allows the Strength and Conditioning Coach to tailor a strengthening program that will maximise the effectiveness of your practice and game day results.



MOONAH LINKS GOLF ACADEMY



PLAYER DEVELOPMENT FOR AMATEURS AND PROFESSIONALS

15 Peter Thomson Drive Fingal Vic 3941

t + 61 3 5988 5520

f + 61 3 5988 5521

e moonah@moonahlinks.com.au

www.mlga.com.au

www.moonahlinks.com.au

INTRODUCTION

Internationally regarded as one of the foremost elite training venues in world golf, the Moonah Links Golf Academy is the premier golf training facility in Australia. Located at Moonah Links Resort on Victoria's acclaimed Mornington Peninsula the facility is home to Golf Australia and the Australian Institute of Sport elite player development programs.

The internationally renowned Mornington Peninsula has long drawn comparisons to the famed Monterey Coast in the USA and is arguably Australia's leading golf tourism destination. World-class courses abound in this golfing mecca with the benchmark set by Moonah Links Resort. Unsurpassed services, facilities and course conditions which ensure year round playability have seen Moonah Links Resort host the 2003 and 2005 Australian Open Golf Championship and secure the right to host Australia's national championship a further five more times in the coming years – cementing the Resort's profile on the world golf stage.



Ewan Porter - Moonah Classic winner 2008



Robert Allenby - Australian Open winner 2005



Peter Lonard - Australian Open winner 2003

Programs at the Moonah Links Golf Academy are designed for all forms of player development incorporating state of the art coaching, sport science, fitness training and associated activities. Administered by a team of accomplished professionals experienced in working with the Australian Institute of Sport and leading tour players, options range from individual lessons and clinics through to live-in training and development programs.

MOONAH LINKS GOLF ACADEMY FACILITIES

- A fully equipped gymnasium designed and developed to provide golf specific programs
- An indoor hitting bay and video coaching room featuring biofeedback equipment
- A full driving range with three separate tee areas
- A short game area complete with three bunkers
- A large undulating putting green
- A pitching tee of up to 80 meters
- A fairway bunker and driving tee
- Lecture theatre and physiotherapy treatment rooms
- A comprehensive range of catering packages
- A varied and comprehensive range of food/beverage/catering options and packages
- Accommodation facilities for up to 36 guests

MOONAH LINKS RESORT FACILITIES

- 96 luxuriously appointed guest rooms and suites
- Pebbles Restaurant and Spike Bar offering stunning views over the acclaimed Open Course and alfresco dining options
- Extensive conference and banquet facilities
- Two world-class 18 hole championship courses
- Driving range and practice facilities designed to Australian Institute of Sport specifications
- 'Stadium' putting course purpose built for internationally telecast competitions
- Recreational facilities including heated outdoor swimming pool, tennis courts, mountain bikes, beach volley ball court and bocce lawn
- endota day spa
- Helipad

PACKAGES AND PROGRAMS

Packages are tailored to meet client's requirements and needs. Services include:

- Golf instruction
- Affordable golf schools/clinics
- Ladies only golf schools/clinics
- Private/group/corporate golf tuition, clinics and programs
- Junior golf clinics and camps
- Club fitting
- Tournament preparation programs
- Golf fitness packages
- Long and short term training
- Team building workshops
- Conference programs

COACHING SERVICES

From training beginners to tour pro's, our team have the knowledge, experience and expertise to assist golfers to achieve their goals. Our team include AA and AAA level PGA members and accredited teaching professionals.

Mark Holland, Head Coach with the Australian Institute of Sport Golf Program played an integral part in designing and developing these world-class practice and training facilities.

The Moonah Links Golf Academy offers the resources and capabilities to cater for all golfing abilities whilst specialising at the elite level with programs and sessions designed for tour level professionals through to international level amateurs. Our tailored programs have been developed for national golf teams and golf associations. Programs can also be developed to complement professional coaches or provide specific areas of instruction, development and assessment.



1st Hole - Open Course