

## Physiotherapy

Golf specific physiotherapy involves customising and integrating an individual's body to their golf swing. This process includes posture analysis, muscle imbalance assessment, video analysis and the latest Titleist Performance Institute screening program. **Ramsay McMaster** presents 12 "Train like a Tour Player" workshops that look at areas such as spinal care, tournament preparation, travel and posture. A certain amount of sessions are devoted to myotherapy and massage.



## Strength & Conditioning

For a strength & conditioning program to improve your game and reduce injury it must address an individual's strengths & 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.

## Personal Development

Preparing a player for a life as a touring golf professional, or even 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

Golfers to perform at their best 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 make a player more susceptible to physical fatigue, or to suffer a potential loss of skill and concentration. Moonah Links Golf Academy offers nutrition lectures that focus on regular and tournament nutrition. Players learn the benefits of a balanced diet and are given individual assessments and prescribed personal diets.

## Biomechanical Analysis / 3D Swing Analysis

Biomechanical analysis is integrated with physical screenings and assessment, 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.



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## Introduction

The Moonah Links Golf Academy is the premier golf training facility in Australia and is based at Moonah Links, on Victoria's Mornington Peninsula. The Program conducts all forms of player development incorporating state of the art coaching, sports science, fitness training and other related activities. Our PGA Professionals offer options including live in training and development programs as well as individual lessons and clinics.



## The facility contains:

- A fully equipped gymnasium tailored to provide golf specific programs
- A lecture theatre
- An indoor hitting bay and video coaching room featuring biofeedback equipment
- Full driving range with 3 separate tee areas
- Short game area complete with 3 bunkers
- Large undulating putting green
- A pitching tee of up to 80 meters
- Fairway bunker and driving tee

## Accommodation

Moonah Links Golf Academy offers accommodation for up to 36 guests.

Options include:

- A self contained house, sleeping up to 10 guests, including a separate unit, sleeping up to 4 guests.
- Dorm Style Accommodation Villa's sleeping up to 24 Guests.

Meals can be prepared and served at the Academy or hospitality packages are available from the Resort Restaurant.



## Conferences & Events

The Conference Room at Moonah Links Golf Academy provides you with a range of options and configurations for groups of up to 32 delegates.

Whether you need to meet for half a day or longer, or require catering, accommodation and audio visual equipment then Moonah Links Golf Academy provides you with quality, choice, flexibility and convenience, why not add a clinic or 9 holes of golf to your event.



## Tuition / Clinics.

Should you wish to improve your game the Moonah Links Golf Academy offers many lesson formats; from personal golf tuition to clinics and lesson packages.

*Tuition Services include:*

- Junior / Adult Individual Lessons / Clinics
- Putting / Short-game specific lessons
- Video Swing Analysis
- Specialized Club fitting & Repairs
- Package Development Programs
- Course Management

Whether you are a weekend hacker, rising star or a tour professional, you'll find what you need at the Moonah Links Golf Academy.



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