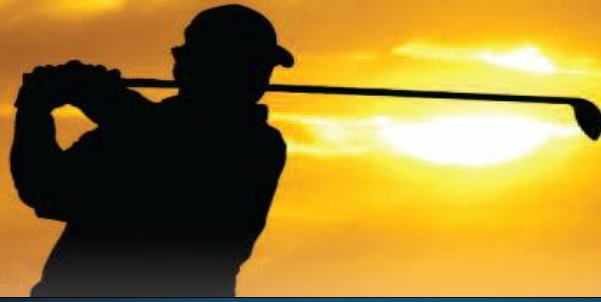


Golf 2013



April 29th

The Belfry Hotel

An opportunity to learn from the best. This exciting new event brings together the key members of the **European Tour Performance Institute Team** with a programme developed by the keynote speaker, world renowned golf performance expert JJ Rivet and UK chiropractor and biomechanist Jim Odell.

Programme

9.00 Introduction and welcome- *Fredrik Lindgren, Head of ETPI*

9.10 *Biomechanics*

The role of biomechanics in golf - *J J Rivet*

9.50 *Swing*

Analysis of the ideal swing. The role of the musculoskeletal system in each phase - *Daryl Coyne*

10.30 *Stability*

The management of the centre of gravity and role of feet/orthotics - *J J Rivet*

11.00 Break

11.20 *Posture*

Importance of posture - *Nigel Tilley*

12.00 Lunch

1.00 *Strength*

Developing strength and power - *Daryl Coyne*

1.40 *Mobility*

Developing the kinetic chain and effect of common restrictions - *Martin Haines*

2.20 *Injury*

Mechanism of common injuries or a case study session - *Nigel Tilley*
based on a pro (un named golfer)

2.50 Break

3.15 *Technology*

Technology for Movement Analysis - *J J Rivet*

3.55 *Assessment*

The European Tour Physical Assessment for Golfers - *Rob Hillman*

4.30 Summary- *Fredrik Lindgren, Head of ETPI*

Issue of CPD certificates

Biographies

J.J. Rivet

Jean Jacques (JJ) is well known in Europe as a Biomechanist working on swing optimization for several professional golfers and with their coaches (PGA Tour, LPGA and European Tours), including such names as former Masters champion Trevor Immelman and Suzanne Pettersen. Rivet also has an association with renowned golf teacher David Leadbetter and is a consultant to the European Tour.

Not only is Rivet a sportsman, having competed in a variety of sports including golf, he has a degree in engineering and has a great knowledge of biomechanics and body motion. His company, BiomecaSwing, helps golfers attain a new level of game performance by applying a proven scientific approach.

Daryl Coyne

Daryl has been a full-time Consultant Chiropractor with the European Tour Physiotherapy Unit and Performance Institute for the last eight years. During that time, he has worked at over 200 tournaments on the European Tour including the last 8 British Opens. He has been the consultant chiropractor and part of the European Team at the 2006, 2008, 2010 and 2012 Ryder Cups. He has recently completed a Physical Fitness and Conditioning for Sport qualification with Setanta College in Ireland, which changed his philosophy and mode of practice. This emphasized the need to screen all players and promote exercise prescription to achieve a base level of fitness. His current interest is in injury prevention and developing a platform to build on with regard to strength and power training

Nigel Tilley

Nigel has been a full time Consultant Physiotherapist with the European Tour Physiotherapy Unit and Performance Institute for the last five years. During that time, he has worked at over 125 tournaments on the European Tour including the last 5 British Opens. He was the physiotherapist for the 2009 and 2011 victorious Great Britain & Ireland Seve Trophy teams and was part of the successful European Team at the 2012 Ryder Cup in Chicago. He has previously worked with many different elite sports people in private practice, was the head physio for the Bahamas Football Association and a physio for Hearts FC in the SPL. He has a Masters in Advanced Musculoskeletal Physiotherapy and has recently carried out research into warm-up techniques and performance in elite golfers that has been published in the IJSPT.

Martin Haines

Martin Haines is one of the country's foremost experts on biomechanics and biomechanical screening and, as head of Intelligent Training Systems™, he runs specialist training courses for sports coaches, golfing professionals, personal trainers, fitness instructors, therapists and other health & fitness pro's to help injury prevention and sports performance on the pitch, in the gym, on the track or training ground.

Rob Hillman

Rob is currently Director of the European Tour Physiotherapy Unit and has been a full-time physiotherapist on the European Tour for fourteen years. During that time, he has worked at over 350 tournaments on the European Tour including 14 British Opens. He was part of the successful European Team at the 2002, 2004 and 2006 Ryder Cups and has been Therapy Director for the European Team from 2008 to the present. He is in the final stages of completing a Masters in Advanced Musculoskeletal Physiotherapy and is a member of the Musculoskeletal Association of Chartered Physiotherapists. He is currently researching the correlation between grip strength and club head speed in elite golfers and has worked closely with consultant radiologists and wrist specialists to highlight specific wrist injuries in golf.

Jim Odell

Golf 2013 was the idea of Jim after meeting JJ Rivet at his European Tour Performance Centre. Jim started as an engineer and has a master's degree in biomechanics. He is a chiropractor and lecturer in biomechanics on a chiropractic degree programme. He works in both the NHS and in private practice where he has a special interest in treating golfers, runners and dancers using soft tissue release alongside chiropractic. His recent book: 'The Soft Tissue Release Handbook – Reducing Pain, Improving Performance', focuses on treating movement restrictions and is ideal reading for anyone working with golfers.

More information and Booking
www.professionalevent.co.uk



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