

Golf 2014

Tuesday April 29th, Kettering Conference Centre, Northamptonshire



**Early Booking Rate until
January 1st 2014**

£100 +vat (£120)

**Bookings after
January 1st 2014**

£125 +vat (£150)

This is the second of this National CPD event of interest to all professionals involved in the training and rehabilitation of golfers at all levels.

Who should attend?

Physiotherapists

Chiropractors

Osteopaths

Podiatrists

Sports Massage professionals

Sports doctors, coaches and rehabilitators

Biomechanics coaches

Professional Golf coaches/players

All other interested professionals

**Speakers biographies
overleaf**

Programme

9.15	Introduction and welcome
9.30	Hugh Marr Sports Medicine in Golf
10.15	Mark Bull Golf Biomechanics - injury patterns and common areas of swing dysfunction
11.00	BREAK & Trade Exhibition
11.30	Chic Carvell Exercises for Golf
12.15	LUNCH
1.15	Mike Curran The use of orthoses in the treatment of Golfers – a Podiatrist's perspective
2.00	Martin Haines Pelvic dysfunction and its impact on the golf swing and golf injuries
2.45	BREAK
3.15	Jim Odell Soft Tissue Treatment for golf performance
4.00	End of event, collection of CPD certificates



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Speakers Biographies

Hugh Marr



A Fellow of the PGA, Hugh is one of Europe's leading golf performance coaches. With an integrated, holistic approach to his coaching, the individuals and teams that Hugh works with have consistently proven themselves to be winners at both Club, National and Professional level. His work with European Tour players gives him a unique perspective on combining the various elements required to continually develop a player whilst at the same time recognising the need to nurture the player's natural flair. His multi-disciplinary coaching philosophy encourages the practical application of all areas of skill development including strength and conditioning, the mind game, biomechanics, equipment technology and nutrition. As Head Coach to Surrey Golf for 7 years, during which time the county won 3 national titles and produced numerous Walker Cup players, Hugh gained widespread recognition for his work before becoming the Head of Boys Coaching for England Golf in 2011. Together with these roles, Hugh is also a regular contributor to Today's Golfer and Golf World magazine; was the UK's first accredited 'TrackMan Master' and is a Brand Ambassador for Nike Golf.

Mark Bull



Mark is currently studying for his PhD in Sports and Exercise Science through Birmingham University. His areas of research focus on the impact of exercise on golf swing biomechanics and kinematics. As part of his ongoing personal development programme, Mark also regularly undertakes further study, such as the Thomas Myers Anatomy Trains Myofascial Slings course which he completed recently. Mark presents regularly to leading conferences and sporting organisations and is a contributor to magazines on golf biomechanics and exercise. He runs the highly successful 'train like a tour pro' camps.

Chic Carvell



Chic trained as a Physical Education Teacher at the Scottish School of Physical Education, Jordanhill, Glasgow from September 1969 to June 1972. He gained a Diploma in Management Studies (Recreation Management) in 1973 at the North London Polytechnic and then spent the next ten years managing Leisure Centres in the UK and abroad. 1985 saw the birth of his Company Chartex Products International Limited, which has been at the forefront of designing education charts for the Medical, Fitness, Sports and Education industries since its conception. Chartex charts are sold worldwide and respected for the sound information presented by their products in a user-friendly way. Chic has trained many

sportsmen and women at club and international levels. In the sport of golf he has developed training programmes for amateur and professional players. European tour professional David Howell benefitted from Chic's advice during his early years on the European P.G.A. Tour, especially during his periods of rehabilitation from injury. Regaining full fitness was vital for him to achieve a successful season on tour.

Martin Haines



Martin is an Honorary Senior Lecturer and Research & Innovation Collaborator at the University of Salford and is also a member of the European Tour Performance Institute Advisory Board. He is one of the leading experts in Intrinsic Biomechanics and Practical Biomechanical Screening. As well as lecturing extensively around the world, he has worked with professional golfers and he consults for professional sports teams, fitness equipment manufacturers, shoe manufacturers, corporate wellness providers and pharmaceutical companies on the way Intrinsic Biomechanical principles can add value to their programmes and products.

Jim Odell

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 treatments. 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.

Mike Curran



Mike gained two undergraduate degrees, one in Podiatry from Salford University and the other in Health Science from the University of Leicester. He then undertook an MPhil at the University of Leicester in developing a computer coding system for use in healthcare. He completed his PhD at the University of Northampton investigating how Computer Expert Systems can aid decision-making in healthcare. He also recently completed an MBA with Distinction at the University of Northampton Business School. He holds an Associate Professor post in the School of Health and is working on several research projects with an industrial partner and has an interest in the research underpinning Forensic Podiatry. He has published widely including two Randomised Control Trials one of which was on Foot Orthoses and Golf. He has a small private podiatry practice in Rushden Northants. Mike is External Examiner MSc in Podiatry at the University of Edinburgh and Associate Editor of The Foot.



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