



PGA SPORTS PERFORMANCE PROGRAM

PGA National's dedicated team of sports specific training professionals have the capabilities to evaluate and assess physical restrictions, limitations, and injuries and to provide the appropriate corrective exercise progressions. We specialize in golf and tennis specific injury prevention and training. Each new client will receive a full physical screening, as well as a fitness program to combat any restrictions that may hinder performance. In addition to the full screening and fitness program, all golfers will receive a membership to the TPI (Titleist Performance Institute) fitness website. From there, the screening results and the personalized exercise program can be accessed.

ASSESSMENTS WILL TEST FOR:

Stability	Balance	Posture
Mobility/Flexibility	Strength	Power

A note from the team: "Within the past 10 years the importance on functional training in the sport of golf has gotten worldwide attention. Almost every golfer on tour has some kind of personal training program designed to improve their game. This does not only mean longer drives, but increased flexibility, improved cardiovascular capabilities, better bio-motor mechanics, injury rehabilitation and prevention and most importantly an overall feeling of better health.

Every serious player has a duty to improve their game and through proper training, each and every goal can be reached."

The Dynamic Balance System — DBS is specifically a training tool for golf professionals and exercise specialists. Clients rapidly learn the "feel" of desired motion patterns and posturing through kinesthetic and auditory feedback, also synchronized video affords further specificity of training. (www.sportsbalance.com)



THE PERFORMANCE TEAM

Ken Macdonald — Director of Fitness, PGA National Health & Racquet Club. In 2000, Ken graduated with a BA in history from the University of Richmond. His senior year, Ken was named athlete of the year for his golfing achievements. He went on to play five years of professional golf, competing in the PGA Tour Qualifying School five times. Ken has spent five years training athletes of all ages and is currently pursuing a Masters degree in Human Movement/Biomechanics.

Certifications:

- AFAA
- IFPA Sports and Golf Conditioning Specialist
- TPI (Titleist Performance Institute)

Jim Calandra — Sports Performance Specialist. Jim was a physical education teacher and coach for thirty three years in the Williamsville School District outside of Buffalo, N.Y. Upon retiring, he became a certified trainer and has spent the last six years working for PGA National Health & Racquet Club.

Certifications:

- NCSF
- TPI (Titleist Performance Institute)

Wayne Grimditch, CSCS — Sports Performance Specialist, PGA National Health & Racquet Club. Wayne has dedicated his life to sports performance and training both novices and professionals in golf, tennis, and water skiing. He began his own athletic career by becoming a world champion in water skiing by the age of 14. Since then, he is a 3-time world champion water skier and 4-time world record holder. He has also won two Olympic Silver Medals.

Certifications:

- NSCA-CPT, CSCS
- NASM-CPT
- C.H.E.K Golf Biomechanics
- ACE (American Council on Exercise)
- TPI (Titleist Performance Institute)
- B.A. University of South Florida

Victoria Wyder, MA,PT, Cert. MDT — Director of Fitness, Bears Club and Sports Performance Specialist at PGA National Health & Racquet Club. Vicky Wyder received her BS in physical therapy from Boston University in 1987 and received her MA in Healthcare Administration from Rider University in 1997. Vicky has continued

her education in advanced orthopedic and sports medicine, specializing in spinal disorders.

Certifications:

- Licensed Physical Therapist
- Licensed Massage Therapist
- Licensed BACKtoGOLF Professional
- TPI (Titleist Performance Institute)

Dan Goldstein, M.S., P.T., O.C.S, S.C.S, A.T.C. — Sports Performance Specialist at PGA National Health & Racquet Club. Dan Goldstein graduated with a B.S. in Physical Therapy in 1978. In 1981 Dan became a certified athletic trainer and began working for the Atlanta Falcons. Since 1984, he has owned and operated Advanced Orthopaedic & Sports Physical Therapy Inc. in West Palm Beach. Dan also owns and operates Sports Balance Technology which manufactures and distributes the Dynamic Balance System — DBS and the Balance Zone Training System. Both are utilized by physical therapists, sports medicine professionals, and golf professionals across the world.

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Certifications:

- Licensed Physical Therapist
- Certified Athletic Trainer
- TPI (Titleist Performance Institute)
- ACSM
- Sports Physical Therapy Specialist
- Orthopaedic Physical Therapy Specialist

"Ken forces me to work hard, but makes it fun. Everyday is different and the workouts are always changing as improvement is made. I have never noticed as much of a change in my physical abilities as I did last year when I hit the ball with greater distance and improved efficiency."

*— Morgan Prassel,
LPGA Major Winner*