

## **Off-Season Golf Performance Training: Is it important?**

Written by: Shannon Mantrop,  
BKIN, MKIN, CEP, CPGA Teaching Professional, TPI 1, TPI 2 biomechanics

### **Why is off-season training important?**

Too many golfers link the fall closing of the golf course with the end of their golf related fitness program.

To be ideally prepared for the golf season ahead, off season training is critical for golfers to identify and to correct any physical limitations and to develop a solid foundation of mobility, stability and aerobic capacity. This is necessary to develop optimum strength which will be reflected in improved speed and power. Being physically prepared will allow you to play the most consistent, most enjoyable, injury free golf of your life.

### **Where should I start to begin and off-season program?**

Golfers should start by going through a Comprehensive Golf Performance Analysis which includes a golf fitness assessment and golf swing analysis. This analysis will help to identify any physical limitations that could be affecting the golf swing and to identify any technical swing faults that may be occurring.

Dynamic Motion Professional Fitness and Golf Instruction ([www.dynamicmotiongolf.com](http://www.dynamicmotiongolf.com)) is a company that is specifically geared towards improving golf performance year round through physical preparation and technical instruction. Golf performance plans are individually designed to correct any physical limitations and to improve swing mechanics. Dynamic Motion's year round training facility is the Riverside Club, 110 Point McKay Cres. NW and year round golf facility is the NGA Golf Dome, 50-50 Ave SE.

### **Is a Golf Fitness Specialist necessary or can I do it on my own?**

A golf fitness specialist is necessary to identify any limitations or problems relating to the golf swing and to develop a proper plan to achieve each golfer's goals. This does not mean that you have to see a trainer once or twice a week on a regular basis. However, for each of my clients, I do recommend private training until the exercises are identified and that the program is fully understood in order to continue on their own.

I have many clients that see me every 2-3 weeks to check their technique and to make changes to their programs as needed. So, in order to achieve and to maintain their readiness and their best fitness possible, every golfer needs to try their best to follow up with the program developed for them regularly.

### **Was I properly prepared for the current golf season?**

Assess whether you were prepared for the current golf season and decide if this is how you want to begin the 2011 golf season. Below are some of the more obvious signs indicating a golfer's readiness (or lack of):

1. **Poor golf posture.** A proper golf posture is the foundation for a consistent and powerful golf swing, without proper physical preparation maintaining a proper golf posture is difficult.
2. **Stiffness, immobility and/ or pain in the golf swing.** This is often the cause or limitations that have not been fully addressed and result in golf related injuries early in the season. The golf swing is a very dynamic and complex movement that can that can put a great deal of strain on the body if not properly prepared.
3. **Early fatigue in the golf round.** If you walk the course, golf rounds can last up to 5 hours and be highly aerobic. Without an adequate aerobic base, early fatigue can lead to poor performance, frustration and the lack of enjoyment.

If you can identify with these issues in your golf game and you want to avoid these issues in the 2011 golf season, an off-season training program will be a great start.

*To find out more information about Golf Performance Training and off-season training programs visit [www.dynamicmotiongolf.com](http://www.dynamicmotiongolf.com) or contact **Shannon Mantrop** (P: 403-629-9546, E-mail: [Shannon@dynamicmotiongolf.com](mailto:Shannon@dynamicmotiongolf.com)).*