



Improve your Golf Game
With the
Body-Swing Connection!

(Just in time for Christmas or a New Year's Resolution ... Better Golf!)

How well is your Golf Swing working for you?

Mayacama Golf Club is proud to announce a unique opportunity designed specifically for our Members to participate in "The Body Swing Connection". Designed by Dr. Nancy Augé and Ted Antonopoulos, TPI Certified Medical/Fitness Professional and Golf Instructor respectively, this program is tailored to optimize your golf swing efficiency. Employing TPI methodologies, Nancy and Ted analyze the physical limitations that adversely affect the way you swing, compromise your game and potentially lead to injury. Then we work on the "What next?"

Members may choose between one of two programs listed below. Or, we can design a program specifically for you to meet your needs and schedule.

THE PACKAGES

BASIC PACKAGE – "I'M IN!"

Cost: \$850 and includes:

- Two 60 Minute Golf Lessons – w Ted Antonopoulos & Dr. Nancy Augé
 - o Your First Lesson is scheduled with both Ted and Nancy. Your Golf Mechanics are observed and recorded. Areas of limited mobility and functional instability are identified and an action plan to increase both is prepared. This will most likely include both manual therapy session(s) and golf specific exercise prescription.
 - o Your Second Lesson is scheduled with Ted Antonopoulos approximately one month out from exercise prescription. This lesson will focus on strength, mobility and stability progress, along with swing mechanics to achieve a more efficient golf swing.
- One TPI 16-Step Screen – Dr. Nancy Augé

- o The 16-step screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history. Pelvic tilt, neck and torso rotation, wrist hinge, forearm rotation, hip mobility, and balance are but a few of the areas where increased mobility/stability can lead to a more efficient golf swing.
- o The Screen takes approximately 30 minutes to perform.
- One 90 Minute “ART” (Active Release Technique) Session – Dr. Nancy Augé
 - o Includes manual/mobility work paired with golf-specific exercise program.

DELUXE PACKAGE – “I’M COMMITTED!”

Cost: \$1,350 and includes:

- Two 60 Minute Golf Lessons – Ted Antonopoulos & Dr. Nancy Augé
 - o Same is in the “Basic Package” above.
- Two TPI 16-Step Screens – Dr. Nancy Augé
 - o The First Screen is as listed above in the “Basic Package”.
 - o The Second Screen will take place approximately one month out from the prescription program as outlined at the end of the first screening. Progress will be noted and additional recommendations on increasing players mobility and stability will be given at the second screening.
- Three “ART” (Active Release Technique) Sessions – Dr. Nancy Augé
 - o First Session – 90 Minutes
 - o Second and Third Sessions – 30 Minutes each
 - Each session includes and evaluates manual/mobility work paired with golf-specific exercise program.

CUSTOM PACKAGE – “I WANT IT ALL!”

Cost: *Program Dependent*

- Includes everything in the Deluxe Package and is built to suit your individual goals with The Body Swing Connection.
- Pricing is Program Dependent, and may include
 - o Additional golf lessons
 - o Mobility, strength, power and stability training
 - o One-on-one sessions with Golf Specific Fitness Trainer upon request
 - o Equipment fitting and evaluation

- o Massage(s) as requested

TO REGISTER

For more information or to enroll in a Body Swing Connection Program, please call the Golf Shop at 707-569-2915, or contact Nancy or Ted directly at:

Ted Antonopoulos
707-569-2916
Tantonopoulos@mayacama.com

Dr. Nancy Augé
707-849-0045
415-601-7133 (cell)
DrNancyAuge@gmail.com

YOUR TPI CERTIFIED INSTRUCTORS



Dr. Nancy Auge

Owner of Groundwork Performance, Dr. Augé is Board Certified Chiropractic Physician, specializing in Active Release Techniques (ART®). She is one of a team of elite instructors for ART®, and currently serves on the Technique Advisory Board. She is also certified with Titleist Performance Institute (TPI) in their Medical, Fitness and Junior Coach programs. She also has certifications in two additional Movement Screening programs related to TPI that further dive into biomechanics: Selective Functional Movement Assessment (SFMA™) and Functional Movement Systems (FMS™).

Dr Auge has worked clinically in manual therapy and functional movement for twenty five years, treating athletes in many arenas. Golf is the perfect avenue for a biomechanics geek as the precise combination of speed, power, precision and athleticism needed to drive the perfect swing is outranked by no other endeavor.

See more at: www.drnancyauge.com



Ted Antonopoulos

Ted has been the Golf Professional at Mayacama Golf Club since its inception. He has been a Head Golf Professional since 1984 and a PGA Golf Instructor since 1982. His background in Golf Instruction includes:

- Studied under Ben Doyle, First Authorized Instructor of "The Golfing Machine"
- Coordinator for Golf Digest Schools – Instructors included Davis Love, Jr., Jack Lumpkin, Bob Toski, Paul Runyan, John Elliott, Jr.
- Instructor in the PGA National Golf Academy
- TPI Certified Golf Instructor
- PGA Workshops with Jim McClean, David Ledbetter, Chuck Cook, Dr. Bob Rotella, Gary Wiren, Hank Haney, Butch Harmon, Craig Harmon, Claude Harmon III, Jim Hardy, and others.

See more at: <http://www.mayacama.com/professional-staff#sthash.t84hORyN.dpuf>

ABOUT TPI & TPI CERTIFIED PROFESSIONALS

The Titleist Performance Institute (TPI) is the world's leading educational organization and research facility dedicated to the study of how the human body functions in relation to the golf swing. Additionally, TPI leads the world in golf fitness, health, and swing biomechanics. A valid TPI certificate affirms the excellence of work and a commitment to the profession.

TPI Certification is a multi-level, multi-track certification program designed to improve the overall knowledge base of any professional that works with golfers (golf professionals, medical professionals, fitness professionals and biomechanics professionals). Gaining the TPI certification gives the medical, fitness or golfing professional the skills to perform a golf-specific physical examination, analyze 3-D motion capture data to measure swing efficiency and design a customized workout program to improve a golfer's overall performance.

Golf has reached a point where its participants do not need convincing that better fitness, biomechanics and health improves the swing. Today's golfers need to be convinced that the instructor that they are relying on is up to date with the latest information in the sport. Golfers want to trust their coach, instructor or practitioner. A Titleist Performance Institute certification gives golfers that trust.

THE TPI SCREENING

The most efficient swing is not the same for every golfer, because efficiency is unique to their body. To achieve an efficient swing, a golfer must first be screened. This screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history.

Once this screen is finished, the results are used to create a plan unique for that golfer. The plan may include fitness training, physical therapy and treatment, coaching of swing mechanics and biomechanics, nutrition, mental strategy or all of the above. A golfer will see the greatest improvement by surrounding themselves with a team of TPA Certified experts.

THE EFFICIENT SWING

Using data gathered from the study of thousands of golfers ranging from the top professional tour players to weekend enthusiasts, TPI reveals how a properly functioning body allows a player to swing a golf club in the most efficient way possible. Additionally, TPI has analyzed how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.

While there are an infinite number of swing styles, we believe there is one "efficient" way for every player to swing, and it is based on what the player can physically do.