



**CURSOS FORMACION CONTINUA PGA**  
(Certificado por la Universidad Politécnica de Madrid)



## **VI PGA SEMINAR ON BIOMECHANICS AND TECHNIQUE OF GOLF “Impact and Ball flying”**

**29, 30 January, 2018**

**Facultad de Ciencias de la Actividad Física y del Deporte INEF  
UNIVERSIDAD POLITECNICA DE MADRID  
(SPONSOR FIRMS: ALAVA INGENIEROS and FORESIGHT)**

The seminar is organized by the PGA of Spain and the Polytechnic University of Madrid. This event is a permanent annual meeting point of professionals with a common interest on Golf Biomechanics. To cope with this goal, each year the seminar will focus on a specific theme. The main objective is to present the more advanced knowledge about the biomechanics and technique of swing.

The course is addressed to all professionals of golf; players, coaches, teachers, researchers, sport science experts, physicians, physiotherapists and managers.

**ACADEMIC CREDIT.** PGA Professionals (Great Britain & Ireland) will be credited with 50 CPD points by The PGA for successful completion/participation of this course, as part of the PGA's Member Education Programme.

**ATTENDANT FEE.** 220 Euros (All Country Europe PGA members) and 500 (other).

### **January 29**

8.15-8.30	Registration (AULA MAGNA)		
8.45-9.00	Opening Ceremony (AULA MAGNA)		
	Group 1	Group 2	Group 3
9.00-11.00	The use of Foresight Launch Monitor for training professional golf players.  <b>Liam Mucklow</b>	PGA Tour ball flights and tournament preparation.  <b>John Hellstrom</b>	Teaching recreational players and the use launch monitors.  <b>Nick Clearwater</b>
11.30-13.30	Teaching recreational players and the use launch monitors.  <b>Nick Clearwater</b>	The use of Foresight Launch Monitor for training professional golf players.  <b>Liam Mucklow</b>	PGA Tour ball flights and tournament preparation.  <b>John Hellstrom</b>
13.30-14.30	BREAK		
15.00-17.00	PGA Tour ball flights and tournament preparation.  <b>John Hellstrom</b>	Teaching recreational players and the use launch monitors.  <b>Nick Clearwater</b>	The use of Foresight Launch Monitor for training professional golf players.  <b>Liam Mucklow</b>
17.00-18.30	Recording impact with ultra-high speed video cameras (HSV Fastec from Alava Ingenieros) (Enrique Navarro y David Pastor)		



**CURSOS FORMACION CONTINUA PGA**  
 (Certificado por la Universidad Politécnica de Madrid)



## **VI PGA SEMINAR ON BIOMECHANICS AND TECHNIQUE OF GOLF “Impact and Ball flying”**

**Facultad de Ciencias de la Actividad Física y del Deporte INEF  
 UNIVERSIDAD POLITECNICA DE MADRID**

### **January 30. Practical Sessions.**

	<i>Group 1</i>	<i>Group 2</i>	<i>Group 3</i>
9.00-11.00	<b>RANGE</b>  The use of Foresight Launch Monitor for training professional golf players.  PRACTICAL CLASS  Liam Mucklow	<b>RANGE</b>  PGA Tour ball flights and tournament preparation.  PRACTICAL CLASS  John Hellstrom	<b>Range</b>  Teaching recreational players and the use launch monitors.  PRACTICAL CLASS  (Nick Clearwater)
11.30-13.30	<b>Range</b>  Teaching recreational players and the use launch monitors.  PRACTICAL CLASS  (Nick Clearwater)	<b>RANGE</b>  The use of Foresight Launch Monitor for training professional golf players.  PRACTICAL CLASS  Liam Mucklow	<b>RANGE</b>  PGA Tour ball flights and tournament preparation.  PRACTICAL CLASS  John Hellstrom
13.30-14.30	<b>BREAK</b>		
15.00-17.00	<b>RANGE</b>  PGA Tour ball flights and tournament preparation.  PRACTICAL CLASS  John Hellstrom	<b>Range</b>  Teaching recreational players and the use launch monitors.  PRACTICAL CLASS  (Nick Clearwater)	<b>RANGE</b>  The use of Foresight Launch Monitor for training professional golf players.  PRACTICAL CLASS  Liam Mucklow
17.30-18.00	<b>CLOSING CEREMONY AULA MAGNA</b>		



## **VI PGA SEMINAR ON BIOMECHANICS AND TECHNIQUE OF GOLF “Impact and Ball flying”**

### **John Hellstrom**

He is PGA golf coach with a Ph.D in Expert Performance in Golf. John was awarded Teacher of the Year 2007 by PGA of Sweden, and is an international consultant, researcher and founder of GolfPyramid.com. He has published many books and scientific papers related to golf performance, such as

Hellstrom, J. et al. (2009). Competitive elite golf: A review of the relationships between playing results, technique and physique. *Sports Medicine*, 39, 723-741.

Hellstrom, J.; Nilsson, J.; Isberg, L. (2014). Drive for dough. PGA Tour Golfers' tee shot functional accuracy, distance and hole score. *Journal of sports sciences*, 32(5), 462 - 469.



### **Liam Mucklow**

He is golf coach and teacher. Graduate of University of Alberta, Physical Education-Sports Administration, 2002.

2015 Tex Noble Award winner for Professional Development

2015 PGA of Ontario award winner for Professional Development

2014 PGA of Canada Teacher of the Year

2016 World Golf Fitness Summit Presenter

Using Multi-sport applications to change the Kinematic Sequence

2016 World Scientific Congress of Golf – 3Hour Workshop

Speed Set Driver Fitting Protocol



### **Nick Clearwater**

Nick is a graduate of the Ferris State Professional Golf Management Program. He is the Vice President of Instruction for GOLFTEC. He is responsible for the quality of instruction given during the one million lessons that GOLFTEC's 700 plus Coaches teach annually. He has been a PGA Tour Credentialed Instructor for the past ten consecutive years. Golf Digest has ranked Nick #1 on their Best in State of Colorado Instructor list, and was previously on the list of Best Instructors of Illinois as well. Within his own teaching, he has used nearly every device in the industry including: GEARS, AMM, Foresight Quad, GC2, and HMT, TrackMan, Flightscope, BodiTrak, SkyPro, and SkyTrak.

