



## Gavin Groves, TuksGolf, TPI and Strength and Conditioning: **What it all means.**

*Text: Gavin Groves, hpc*

I have been in this industry of Golf Fitness for eight years and there are moments where I see the golf swing the way Neo sees the Matrix in the Sci-Fi movie, and then there are moments where you wonder where all the wealth of knowledge has disappeared to. I have worked with professional golfers seeking the extra “1%’s” to improve their game, amateur golfers aspiring to a career as a professional golfer, weekend golfers seeking to hit the golf ball further and even people that have been hit by an aeroplane who just want to play golf again.

As diverse as the client-base can be, there is one common denominator: the body. The ability of the body to create efficient movement is the secret to building the swing that will help you achieve your goals. Without movement efficiency, your body will resort to short-cut compensations that ultimately lead to inconsistent golf swings, increased risk of injury, and shortened golf careers.

The Titleist Performance Institute (TPI) have been the pioneers in research into the body-swing connection, and have rewritten how we, as fitness, medical and golf experts deal with golfers.

“TPI is the world’s leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.

Since its inception in 2003, TPI has studied thousands of golfers ranging from the top professional tour players to weekend enthusiasts. An incredible amount of data on players of all shapes, sizes, ages, and fitness levels has been gathered during this time. Using this data, TPI discovered 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.



TPI's mission is to educate golfers and industry professionals on the body/swing connection through its one of a kind 'TPI Certified' educational program. This programme was developed by founders Dr. Greg Rose and Dave Phillips along with a 52 member advisory staff of industry leading experts. Five unique fields of study are offered for TPI Certification: Golf, Medical, Fitness, Power and Junior Development. Currently, there are over 15,000 TPI Certified professionals in 58 countries assisting players of all skill levels." - [www.mytpi.com](http://www.mytpi.com)

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My role here at the hpc and TuksGolf is to use the knowledge that I have gathered over the years of theoretical, market and practical experience to use

and apply the principles of TPI within our golf structures, specifically from a strength and conditioning aspect.

We have a wide spectrum of golfers within our structures, ranging from little kids, juniors, high school, students, elite golfers and professionals. My vision is not only to have a full team of TPI-certified experts within TuksGolf, but also to become the leading facility in Africa for Golf Performance and Testing, as well as Education.

We use the TPI Screen to assess movements needed for the golf swing. These tests assess mobility, stability, balance and coordination. The great advantage to the screen is that we are able to accurately predict what "faults" or movement inefficiencies a golfer will make while swinging a club based on his results in the screen. These "faults" can then be addressed through corrective exercise protocols in the gym, and then the golf coach can repattern the golfers swing to create correct movements.

Other aspects of the golfer's physical assessment include body composition, grip strength, power testing as well as strength testing. All of this information is used to build an exercise programme that compliment the golfer's technical work, and ensure that the golfer is able to move as efficiently as possible.

One of my short-term goals is to implement biomechanical analysis at TuksGolf. Biomechanical analysis allows us to empirically measure the golf swing and evaluate how efficiently the golfer is swinging the golf club. This method of measurement takes all subjectivity out of analysing and coaching, and will allow us not only to improve our golfers, but will also open up avenues of research and development.

In summary, there is no longer a separation between golf coaching and golf Strength and Conditioning. They are not different elements, but one movement toward developing, nurturing and refining golfers that will have a global impact on the game of golf, and this is only the beginning...