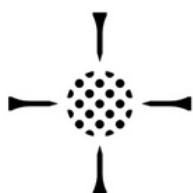


JOHN JONES

TRACKMAN
FOR GOLF

THE GOLF MRI

Presented. by:



AIM

Golf Academy





02

THE AIM METHOD

**A CUSTOMIZED GOLF PROGRAM DESIGNED BY A
PGA OF CANADA CLASS "A" HEAD TEACHING
PROFESSIONAL SWING COACH AND A REGULATED HEALTH
PROFESSIONAL BODY COACH, BASED ON YOUR BODY,
YOUR SWING, YOUR GAME AND YOUR GOALS!**

At the AIM Golf Academy, we don't guess, we ASSESS!

**Fully understanding a player's golf swing, and how their
body can and can't move allows our team to get to the root
cause of the issue(s) in the golf swing.**

GOLFER OVERVIEW

Length of time golfing:

12 years

Current Golf Handicap:

0.8

Other Sports Played:

Driver Questions:

Stock Shot Shape:

Draw

Miss:

Push fade, weak right

Iron Questions:

Stock Shot Shape:

Draw

Miss:

Weak right

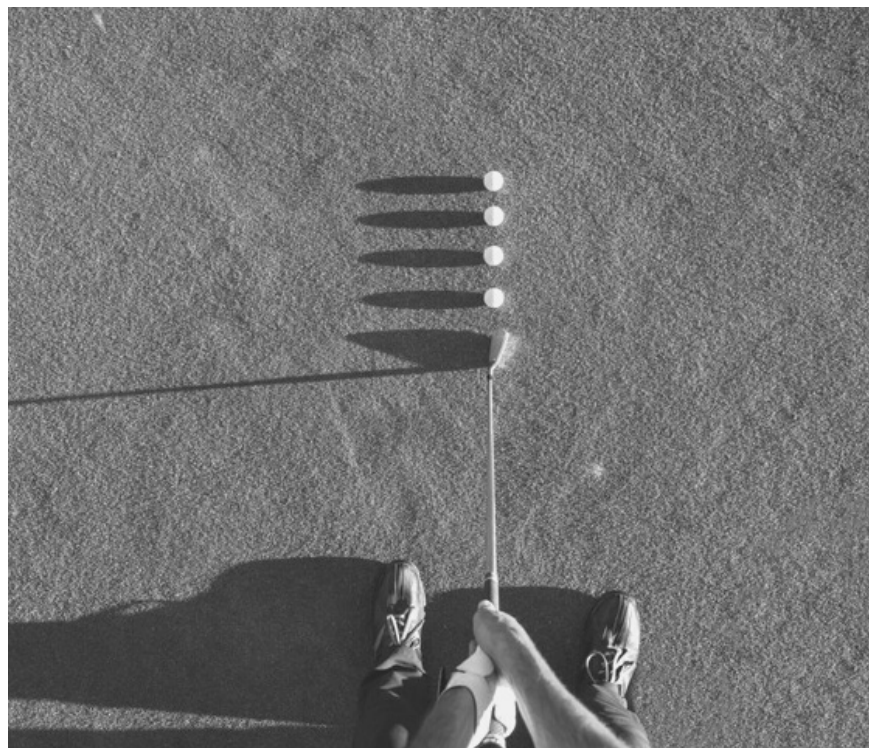
Iron Divot:

Shallow

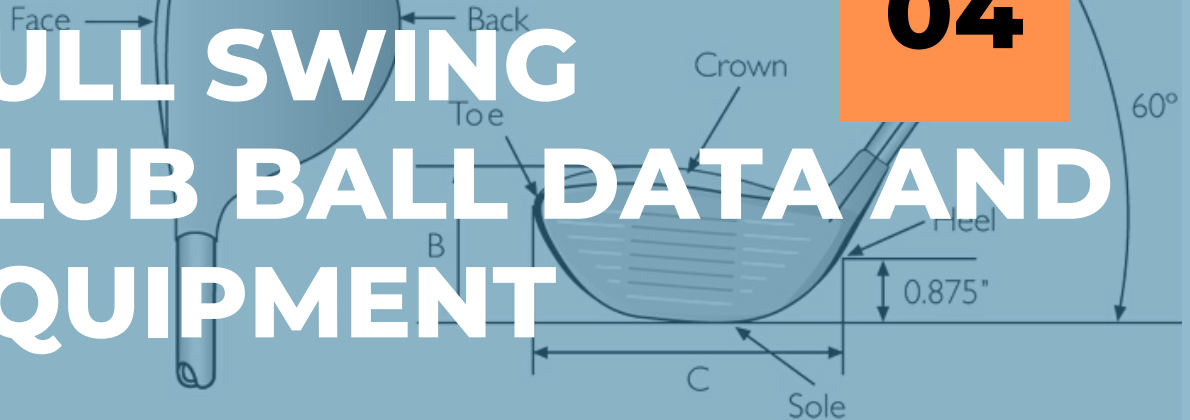
GOALS

PROCESS GOALS:

- Improve distance
- More solid contact
- More consistency



FULL SWING CLUB BALL DATA AND EQUIPMENT



Full Swing Data

Club	Club Speed	Ball Speed	Carry Distance	Total Distance	Attack Angle	Lie Angle	Club Path	Face to Path	Spin Rate	Launch Angle
Driver	81.4	119.3	166	189	1.4	10.9 UP	5.8 (I - O)	4.4 CL	2681	10.4
7 iron	70.2	91.5	117	130	-7.0	1.5 DN	5.2 (I - O)	1.9 CL	5160	17.8
PW	63.9	77.3	90	100	-7.6	3.1 DN	5.7 (I - O)	3.5 CL	7083	21.8

Golf Equipment

We need to get your lie angles looked at/assessed.

The shafts and spin rates were all good and I was happy with the flight and windows your balls were flying at. However, you consistently deliver the club with a flat lie angle. A flat lie angle will lead to a face angle that's pointing to the right and is a contributing factor to your weak right miss you spoke of having. We certainly need to have these looked at before next competition season.

I'm confident that our off-season training program will provide you a lot of power and speed and a new set of clubs to handle how fast you will be swinging it in the spring!

THE SWING AND BALL DATA SUMMARY

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Full Swing Summary

You have a very good golf swing as evident by your results on the golf course and the quality of your strike. With a few minor tweaks with Gord and work with our team on the body side to improve your balance, stability and strength, you will be hitting the ball better and further than you ever have before!

To start we need to improve your address position to ensure your posterior chain is activated which is the chain of muscles we use in the golf swing. We need to improve your hip hinge from a functional stand point with the GolfForever Swing Trainer to ensure the posterior chain is turned on at address.

Step two in setup is to get ~60% of weight loaded onto the lead foot at setup. From this position will be able to get your lower half activated on time more often and load your trail foot ahead of the club. This will provide a much better pivot and post in your backswing. Lastly on setup we noticed that you address the ball with a level club at address, and deliver the club at impact consistently flat. Setting the club with the toe up at address will allow for the natural toe down deflection of the shafts and help with not only the lie angle at impact, but also help for the activation of your lats and posterior chain in your address.

From a golf technique standpoint we need to focus on your load, pivot, weight shift and the timing of the shift in your swing. Strength in your glutes and lower half play a major role in that. We need to get you stronger to be able to support the speed you are swinging the club at, and want to swing it at. Current focus should be getting your weight shift to your trail foot by the time your club is parallel to the ground. From here you can pivot into your trail hip and continue loading into your trail glute. Getting your weight on the right foot sooner will allow you to support the load and get posted in your backswing better. This will provide access to the power and distance you are looking for through the bag.

BODY ASSESSMENT

Overall Training Goals

1. Improve log rolling, creating better upper and lower body disassociation
2. Improve left pelvic bone position creating better postural alignment
3. Improve functional core strength
4. Create a periodization plan focusing on improving speed and power metrics with the goal of increasing club head speed
5. Further assess neurocognitive performance to improve response inhibition scores
6. Referral to our verified optometrist for further evaluation of contrast sensitivity
7. Evaluate nutritional status after 4-5 days of diet tracking
8. Golf shoe evaluation is highly recommended

ADDITIONAL EQUIPMENT NEEDED:

- Posture Arch
- GolfForever Swing Trainer

FUNCTIONAL MOVEMENT

Score: 18/30

Findings:

- Upper body log roll tests scored below average. John struggles to create upper body disassociation which can be seen in her K-Vest swing graph. John's swing graph shows very little separation of speeds from the pelvis, torso, and lead arm
- The squat test also shows poor hip hinging and difficulty maintaining core activation as the client goes into a large anterior pelvic tilt at half-range

Plan for Improvement:

- Improve upper body logrolling scores. We will work to improve upper body disassociation by improving thoracic spine rotation and scapula stability
- Improve functional core strength. We will take John through our full core strengthening program to improve functional strength, stability and posture

STRUCTURE

Score: 46/56

Findings:

- **John** presents with a left anteriorly rotated pelvic bone which is leading to a functional leg length discrepancy causing poor left hip internal rotation and limited thoracic spine left rotation. These postural dysfunctions are leading to difficulty in getting to an efficient impact position.
- John also presents with a positive Thomas test indicating increased muscular tone in her hip flexors and weakness in her glutes. This muscular imbalance leads to poor core control, stability, and balance.

Plan for Improvement:

- Improve biomechanical function and strength, our first goal will be to improve John's left pelvic bone position. John has been strength training and practicing/playing golf from a misaligned position which is the reason why John is struggling to add speed to her game.
- Once pelvic alignment is corrected, we will begin a functional core strength and stability program

STRENGTH + POWER

Score: 41/57

Findings:

- The broad jump test results show John jumped 0.93% of her height, whereas elite-level golfers will jump 1.5x their height.
- The lateral bound test also shows weakness which indicates John has difficulty using her legs to create weight transfer and ground force in the swing. John's left leg tested 4 inches shorter than the right indicating left-sided weakness.
- The medicine ball throw test also shows weakness with rotational velocity. John's left rotational power test measured at 150 inches while her right rotational power test measured at 117 inches. This indicates weakness in her left glutes and core as well as slow right rotational velocity.

Plan for Improvement:

- Once we have corrected John's left pelvic bone alignment and worked to improve functional core strength and stability, we will build John a strength, power and rotational velocity program to improve club head speed and distance on the course.
- Further discussion on next summer's tournament schedule as well as school tournament schedule is needed to ensure we create a periodization program that has John peaking for the 2024 summer season and 2024/2025 school season

CREYOS (Mental Preparedness)

Score:

Response Inhibition: 94 (35th percentile)

Attention: 108 (69th percentile)

Planning: 96 (39th percentile)

Mental Rotations: 113 (81st percentile)

Findings:

- **John** scored above average in Attention scores as well as mental rotations. High attention scores indicate that she is able to keep focused on the task at hand. High mental rotations scores indicate a good ability to adapt to unfamiliar situations such as scrambling to save par from trouble on the course
- John scored below average in the 35th percentile in response inhibition indicating she may have difficulty maintaining concentration through distractions. External distractions such as crowd noise on the course could make it more difficult to concentrate on making a good shot.
- John also scored below average in the 39th percentile in planning. This indicates John may have difficulty with shot selection or creating a plan of attack for a certain hole.

Plan for Improvement:

- It is recommended that John to do a further neurocognitive assessment with Play Attention and Neurotracker and develop a plan to improve response inhibition and concentration ability

CONTRAST SENSITIVITY

Score: Close: 1.5, Distance: 3.2

Elite athletes 1.6% or below

Plan for Improvement:

- John scored in the elite athlete range for close contrast sensitivity, but below average for contrast sensitivity at longer distances.
- Poor contrast sensitivity at a distance could cause issues with lag putting. Picking grain direction or small changes in elevation may be difficult leading to challenges with reading greens
- It is recommended that John follow up with our team optometrist for further evaluation

OUR TEAM

The AIM Golf Academy is proud to introduce you to our elite team of PGA of Canada Professionals along with our industry health and wellness professionals that make up our amazing team.

Getting you to the top of your golf game starts with the right team of people.



Brandon McLeod

Director of Instruction PGA of
Canada - Head Teaching
Professional
Founder of AIM Golf Academy



Daniel Hilborn

Osteopathic Manual Practitioner,
Certified Athletic Therapist
Level 2 Medical TPI Certified

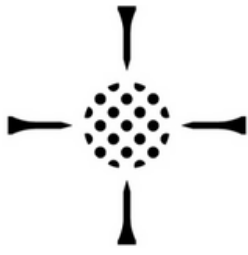


Adam Honsberger

Registered Massage
Therapist - BKin

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