

R&A Seniors Amateur Championship

The National Performance Centre: Sports Science & Medical Service

From Monday 10th to Friday 14th of July, the below services will be available to all competitors to help with recovery from rounds, injury diagnose, physical warm-ups and cool-downs, biomechanical testing, and general performance guidance. All specialists will be based at the National Performance Centre (driving range) throughout the day and will be available for free advice, guidance and coaching when not booked into individual sessions.

Service	Purpose	Booking	Price
Sports Massage David Smith	Increase recovery, decrease muscular soreness, aches, and pains, decrease risk of injury.	Online booking: https://tinyurl.com/ds-massage-book Email: david@dssmfitness.co.uk	25 mins for £25 45 min for £40 x4 25 mins package for £85
Physiotherapist Jack Shaw	Injury assessment, diagnose and management guidance.	Call or text direct: 07415400075	30 mins for £37
Golf Performance Specialist Sam Vickers	Physical and biomechanical movement assessment using force plate data to assess injury risk, optimise body movement, enhance swing mechanics, and increase speed and distance. 1-2-1 Strength & Conditioning coaching and flexibility routine.	Email: svgolfperformance@outlook.com Call: 07979737866	45 mins £45 <i>Includes full report & 4-weeks access to online Golf Fitness App with guidance on exercise routines.</i> 30 mins 1-2-1 coaching & training guidance £30
Strength & Conditioning Unit	Open gym access used for warming-up, cooling-down & individual training routines.		Maximum x5 persons in the gym at any time – please contact to book in advance or turn up on the day.
Golf Fitness App	Online golf specific physical training app with purpose-built warm-ups, mobility routines, home, and gym-based strength & power program for all ages	Visit: https://svgolfperformance.com/sv-golf-performance-app/	Enter code: <u>R&A Seniors</u> at checkout to receive 4-weeks access at 50% discount! <i>Normally <u>£11.99pm!</u></i>