

DR. CRAIG DAVIES DEPTH SYSTEMS GOLF

LEVEL 1

3/4 october 2016



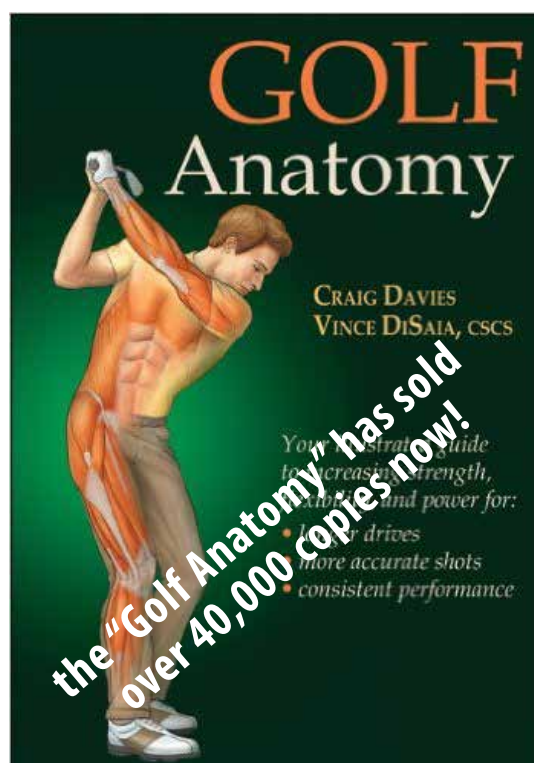
Lower Extremity, Pelvis and Core

The course will allow participants to understand how differences in anatomy between the individuals they work with will lead to differences in their athletes' ability to move.

Dr. Craig Davies is a Tour trainer and manual therapist, Author of "Golf Anatomy", Keynote Speaker, Golf Consultant, Nike Golf Mentor and creator of the Golf Performance Therapy certification programs.

- Seminar for:**
- Golf pro
 - Medical doctor
 - Phisioteraphist
 - Personal trainer

This will be the only opportunity to attend a DEPTH Systems seminar in Europe in 2016!



Partner :



DR. CRAIG DAVIES DEPTH SYSTEMS GOLF



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Dr. Craig Davies

is a Tour trainer and manual therapist; Author of "Golf Anatomy"; Keynote Speaker; Golf Consultant; Nike Golf Mentor and creator of the Golf Performance Therapy certification programs.

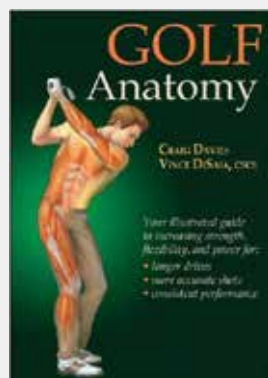
Area of Expertise:

Craig is a graduate of the Canadian Memorial Chiropractic College in Toronto, Canada and undergraduate of The University of Western Ontario with an honours in Kinesiology Science with Biology.

He has extensive consulting experience regarding movement and efficiency within the golf swing.

Experience:

During the past five years, Craig has consulted with several international golf associations and international PGAs. From 2006-2012 he acted as the Director of Fitness and Nutrition for the Core Golf Academy in Orlando, Florida and has had the opportunity to be the keynote speaker at a number of seminars and summits including the Canadian Golf Performance Summit, the Ontario PGA Professional Development Seminar and twice at the World Golf Fitness Summit.



Craig's book, "**Golf Anatomy**" has been published in over 20 languages in over 30 countries and has sold over 20,000 copies. Craig has extensive experience and involvement working with international team events, including President's and Ryder Cups, and has a long list of Canadian and International golfer clients. Craig's PGA tour client list is a "who's who" of the tour elite, and has included such players as Hunter Mahan, Justin Rose, Y.E. Yang, SY Noh, Tiger Woods, Anthony Kim, Sean O'Hair, Kevin Chappell, Cameron Tringale, Graham DeLaet and Stephen Ames.

The "Golf Anatomy" has sold over 40,000 copies now!

Awards:

Craig's PGA TOUR players have combined for over 2 dozen wins in the past 6 years alone.

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Dr. Craig Davies

Dr. *Craig Davies* has assessed and created movement programs for over 400 professional golfers including over 60 PGA and European Tour players. He will be sharing his experiences and findings while traveling the world for 11 years on the PGA Tour.

DEPTH clients have won over 30 PGA Tour tournaments.

Craig and his partner *Sean Foley* have worked with numerous World Golf Championship and major championship winners

Kevin Chappell, Cameron Tringale, Hunter Mahan, Graham DeLaet, Nick Taylor, Chez Reavie, Anthony Kim, Hunter Mahan, Justin Rose, Sean O'Hair, YE Yang, Tiger Woods, Stephen Ames, Byeong-Hun An, Alex Rocha, Edoardo Molinari, Ben An ...

What This Means to You:

Conditioning for optimal golf performance is perhaps more about movement than strength. Craig shows you the key movement qualities needed to allow for repeatable efficiency in your golf swing. This increased quality of movement allows for lower scores, lower injury rates and more fun.

There is no trainer or therapist with a greater number of full time professional golf clients and international consulting experience. Dr. Craig Davies is simply the world's foremost expert in his field.

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DAY ONE

9am – 10:30 am:

- Introduction to movement
- Embryology and the concept of continuity of tissue
- Joint and Muscle Receptors: The idea of “in series” versus “in parallel” arrangement
- Introduction into the DEAP and Joint Flow concepts of the DEPTH System

10:30am – 11:30 am:

The Foot

- Anatomy and kinematics of the foot
- Sensory awareness and Motor Control of the foot
- Assessments procedures and movement corrections

Big Toe

Little Toe

Transverse arch

Longitudinal arch

11:30am – 12:30pm

The Ankle

- Anatomy and kinematics of the Ankle
- What are the main functions of the ankle?
- Assessment procedures and movement corrections
- Subtalar joint, talocrural joint, tibia/fibula articulations

Pronation / Supination

Plantar flexion / dorsiflexion

Triplanar, mulligan, tib / fib joint

12:30pm – 13:30 pm

Lunch

13:30pm – 2:00pm:

Introduction to learning and the body brain connection (DST)

2:00pm – 2:30pm:

The effect improper foot and ankle kinematics has on life and athletic activities (walking, running, golf, squatting, etc)

2:30pm – 3:30pm:

the knee

- Anatomy and kinematics of the knee
- flexion, extension
- Does the knee rotate and is this important?
- Assessments procedures and movement corrections

3:30pm – 5:00pm

intro to the hip

- Anatomy and kinematics of the hip
- Normal movement, altered mechanics
- Retroversion and anteversion

*** Times and subject content are subject to change
*** Specific golf examples for each section will be examined and discussed

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LEVEL 1

DAY TWO

9am – 10:00 am:

Review of foot, ankle and hip

10:00 – 10:15am

Open versus closed chain exercise introduction

10:00am – 11:00 pm:

The Hip

- Assessments procedures and movement corrections
- 90 / 90s

11:00pm – 12:00pm

- Hip exercise progressions

12:00pm-1:00pm

Lunch

1:00pm – 2:30pm:

Low back

- Anatomy and kinematics of the lumbar spine
- Assessments procedures and movement corrections
- The effect improper foot and ankle kinematics has on life and athletic activities (walking, running, golf, squatting, etc)
- Exercise progressions

2:30pm – 2:45pm:

break

2:45pm – 4:00pm

warm up and lower extremity training

- one hour workshop on integrating the movements of the lower limb and utilizing the DEAP and Joint Flow concepts

4pm

Q and A

*** Times and subject content are subject to change
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This will be the only opportunity to attend a DEPTH Systems seminar in Europe in 2016.

This seminar will cover Dr. Davies' Depth Systems assessment and movement progressions for the toes, foot, ankle, knee, hip and lumbar spine.

For the first time ever, Craig will be sharing his joint health and movement programs, Dynamic End range Assisted Program (DEAP) and Joint Flow.

Practical Seminar:

The live practical portion of the course involves a hands on approach to learning the anatomy and function of each of the joint complexes in the lower body. The major areas covered will be the foot, ankle, knee, hip and lower back / core. Each participant will learn how their body moves in each of these segments, why some people can move better than others and how to improve the function of each of these sections. We will go into detail how differences in joint function will change the capabilities of a golfer during the swing and how this could affect technique and their ability to make specific changes in their golf swing. We will learn how to give safe and effective learning tools and exercises to our golf clients to help them move better which will not only improve their ability to play better golf but to play golf with less pain. Improved play with less pain equals more fun and more lessons!

CERTIFICATE

Each individual who completes the practical portion of the course will have an opportunity to receive a certificate noting they have completed

DEPTH Systems: Golf: Lower Extremity, Pelvis and Core: Practical

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QUOTES

"This is not Craig's job. It's his passion, it's his life and he's constantly educating himself and becoming better"

Hunter Mahan (6 times PGA Tour winner and 25th on career money list)

"There is no doubt that Doc Davies is the most trusted individual on Tour and he's the first person fellow trainers and therapists go to when they have questions about their golfer's body"

Hunter Mahan (6 times PGA Tour winner and 25th on career money list)

"The greatest influence on me and my career was not another golf instructor but Dr. Craig Davies." **Sean Foley** (PGA Tour Coach and Top 50 Teacher)

"Dr. Davies' knowledge about the body and how it moves in golf and his ability to teach this knowledge to others is what allowed me and my students to have the success we have had."

Sean Foley (PGA Tour Coach and Top 50 Teacher)

"I wanted to hire the best trainer and therapist on Tour. Only one name came up in every conversation. Dr. Craig Davies."

Kevin Chappell (35th in the OWGR)

"Craig is looked at as the best, most knowledgeable trainer on the PGA Tour. Its an honour to work with him."

Kevin Chappell (35th in the OWGR)

"Within a couple years of having back surgery I went from thinking I would never play golf again to being the number one ranked ball striker on the PGA Tour. The only reason this was possible was Dr. Davies' knowledge of the body and how my foot, ankle and hips were influencing my back injury."

Graham Delaet (Presidents Cup International Team Member)

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QUOTES

"The first person I try to get my golfers to work with is Dr. Craig Davies. My players can make technique changes much faster with Craig teaching me how their body can or can not move."

Mark Blackburn (PGA Tour Coach and Top 50 teacher)

"Our juniors win more golf tournaments than any other academy and that is largely a result of our golf instructors being taught about the body by Dr. Craig Davies"

Jeff Hay (Core Golf and Sean Foley Golf Academy COO)

"Craig helped me become the first Asian born player to win a major championship"

YE Yang (2009 PGA Championship winner)

"He's worked with Rose, Mahan, Chappell, DeLaet, Woods, O'Hair, AK, YE Yang, and Stephen Ames. Its no co-incidence all of those players were elite ball strikers under Craig's watch."

Chris Noss (PGA Tour Trainer)

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SEMINAR FEE Level 1 Practical Seminar:
€ 750,00

SPECIAL PRICE Early registration rate for the first 40 subscribers:
€ 499,00

Registration includes coffee breaks and lunch

INFORMATION Golf della Montecchia
Via della Montecchia 12,
Selvazzano Dentro (Pd),
Italy

info@golfmontecchia.it
tel. 049 8055550

PARTNER

