



Presents:

Golf Performance Update

Velocity Sports is happy to be a part of the monthly Nashville Golf & Athletic Club newsletter! *Velocity Sports* aims to provide you with the answers regarding general fitness, health, nutrition, and most of all how your golf score will improved through each of these components!

Velocity Sports facilitates sports performance training, the same type of training used by professional athletes, which goes beyond simply strengthening specific muscle groups. Performance training methods center on improving all facets of athletic ability: cardiovascular capability, movement patterns, flexibility, coordination, power, and more. With six Master Degrees in the field of Exercise Science, rest assured, *Velocity Sports* will provide cutting edge information on how you can better yourself and your handicap!

Velocity Sports does not believe there is a 'quick fix' for any athlete of any age. Golf performance training aims to help you become a better golfer in all areas of your game:

- Get rid of that initial 'tightness' by learning proper warm-up techniques.
- Increase dynamic range of motion for golf-functional flexibility. No more frustration brought about by your inability to achieve correct swing posture due to a weak core.
- Transfer lower body power through the hips and torso to the club for more torque and longer drives.
- Get rid of pains and aches from your round of golf.
- Finish your round as strongly as you started. No more inconsistency from fatigue.

These are just a few ways that being involved in a general fitness regime will make your golf more enjoyable, not to mention your quality of life. So make sure to check your NGAC newsletter for tips and exercises to build a better 'you.' *Velocity Coaches* will be happy to answer any questions you might have regarding golf fitness, adult fitness, athletic performance, nutrition, etc. Look for next month's topic about flexibility in your everyday life and golf game in your NGAC newsletter. Feel free to email me with ANY questions you might have or if there is a specific topic you would like to see covered.

Velocity Sports trains athletes of all ages and offers personal training services as well.

Velocity Sports has recently introduced *Crossfit* training for Adults with classes throughout the day.

For more information call 615.661.8771 or email croe@velocitysp.com