



Golf Fitness for Juniors

By Dr. Paul Callaway

Many parents ask me, "*When is the right time for my son/daughter to get started with a golf-specific fitness training program?*" Well, the answer is simple.

As soon as the junior golfer has started to get more serious with their golf, and they have started to get some professional instruction from a qualified PGA/LPGA golf instructor, then it is also the best time to introduce them to the other *essential* performance factors that will help accelerate their performance and keep the safe from injuries.



The truth about total golf performance is the same regardless if you are a beginner golfer or advanced player, male or female, old or young ... ***optimal and safe golf performance can only be achieved if a golfer has a customized program that integrates the four essential performance factors or ingredients that include; professional instruction, golf-specific fitness training, mental training, and custom fit equipment.***

Therefore, as soon as a junior golfer starts to receive professional golf instruction, it is also time to begin the process of integrating the other essential elements for optimal and safe golf performance - including a customized golf fitness training program that is provided by a golf-specific fitness expert.

The golf-specific fitness expert will first want to perform a comprehensive fitness assessment that evaluates the individual junior golfer for the physical parameters of **posture, balance, flexibility, core and extremity strength, stability, and conditioning/endurance** - all as these physical factors relate specifically to the demands of golf.

The golf fitness expert will also be asking about the **specific performance goals** of the individual junior golfer and any **health history** so that the program they design for the golfer takes into account all the necessary objectives that will make the fitness program not only golf-specific but fully customized to the junior golfer's individual needs.

Only in this fashion, will a golf fitness training program be both safe and successful. There is no other way to know for certain that the junior golfer is performing the most effective and safe exercises progression for their developing body that will help facilitate their golf instructor's ability to build the optimal and stress-free swing.

Bottom line, the more difficult to answer questions are not "when" a junior golfer should start a golf fitness program but "what kind" of program should a junior golfer get started with? And, "who" are the fitness experts in my area that are trained to work with junior golfers?

The best way to find a golf-specific fitness professional is to first speak with your golf instructor to see if he/she has a strong working relationship with an experienced, golf-specific fitness specialist. If not, you can visit the Titleist Performance Institute at <http://www.mytpi.com/> or go to <http://www.golfersmd.com/> and look for a certified golf fitness specialist in your area.

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