



We are proud to announce the arrival of our new Golf Academy, operating from 1<sup>st</sup> January 2010 onwards at NSRCC, Phil Brew Golf Academy. We want to impress upon all NSRCC members and Family Members about this new development at our Driving Range and make it clear that this new academy is here to serve and deliver the best golf instruction possible to all of their students. You are all welcome to come down and see for yourself and check out the many courses that the Academy has to offer. Directed by Phil Brew himself and supported by a wonderful team of coaches, the new academy has many new exciting changes to offer. When the driving force behind the evolution of the academy is the dream to create something great, great things tend to follow.

The Academy is now taking a more integrated approach to golf instruction, an approach that is fast becoming recognized around the world as the best way to bring about positive changes to golfers, changes that ultimately leads to better golf. That is our business, to bring about self improvement in golf, and we take our business very seriously. Golf instruction not only entails the traditional golf swing analysis, but now involves golf physiology, golf fitness, golf psychology and golf biomechanics.

**Golf BioDynamics** is the ultimate 3D Golf Swing Analysis System. It is changing the way golf is being coached for Elite Golfer's. **Phil Brew Golf Academy**, in conjunction with **Er Beng Siong (Physiotherapy Associates Pte Ltd)** have exclusive usage of this system, the only licensee to operate the 3D system in Singapore, and currently the only one in South East Asia for that matter. The 3D Golf Swing Analysis System is an advanced system for analyzing golf biomechanics, incorporating golf swing assessment and intervention. The state of the art 3D Analysis System measures and provides:

- Body position
- Joint angles and Velocity
- Impact position.
- 6 degrees of movement freedom
- Quantitative measurements taken while swinging
- Higher order kinematic variables available (speed, acceleration, sequencing, etc.)
- Real-time audio feedback
- Provides the MRI of your swing
- Biofeedback training



The System effectively provides a technical diagnosis of your swing. A 3D measurement of exactly what you are doing now. It is a great **monitoring tool for developing players**. It also allows us to know if technical developments or improvements are being hindered by a player's lack of physical competence such as flexibility, stability and strength or power.

**Golf BioDynamics** is currently being used by leading Coaches throughout the world:

- Australian Institute of Sport Golf Program
- Jim McLean Golf Schools
- Golf Australia Elite Player Development Squad
- Danish and German National Teams
- Titleist Performance Institute
- Australian and UK PGA's



From February 2010 onwards, Phil Brew Golf Academy will engage the full-time professional services of Brett Bridgman, a fully certified Jim McLean instructor and Golf BioDynamics Practitioner. Brett will bring a wealth of knowledge and experience into our team of coaches and we are very excited with the general direction of the Academy. Recently the academy has invested heavily in its' personnel and facilities. The Academy now has the best coaches, latest equipment and finest coaching structures in place, enabling it to mentor and coach Singapore's future golfing stars. We certainly hope that you, the members of NSRCC, get to experience some of these wonderful new services available at your academy, Phil Brew Golf Academy.