



LEVEL 2 – SWING CATALYST CERTIFICATION

PARIS – JUNE 10TH, 2019

Dr. Scott LYNN & Guillaume BIAUGEAUD

Agenda

9 am – Participants arrive – coffee, socialize

10 am – 11 am – Guillaume presents on how Altus uses the plate in their teaching

11 am – 1 pm – Dr. Lynn – Swing Catalyst Level 2 Certification Lecture

- (1) Review of the Swing Catalyst Products
- (2) Review of pressure information and all the information provided by the pressure plate and how this can be used in golf instruction
 - a. Heat maps of pressure locations under each foot
 - b. Percent pressure under each foot
 - c. Stance width
 - d. Individual CoP in each foot and the line that connects them (connection to swing direction)
 - e. Total CoP and the trace
- (3) Show examples of PGA tour Balance Plate information
- (4) Explain the potential uses of Balance Plate data in golf shoe fitting
- (5) Pressure Distribution averages of PGA Tour players and the dangers of averages
- (6) Review of key biomechanical concepts
 - a. Definition of biomechanics
 - b. Kinematics vs Kinetics
 - c. Newton's first law (in linear and angular terms)
 - d. Torque
 - e. Newton's 3rd Law
- (7) Swing Catalyst 3D Motion Plate Data, what are these forces and how can we coach them
 - a. Horizontal Right/Left Force
 - b. Torque
 - c. Vertical force (Newton's 2nd Law)
- (8) Kinetic sequence
- (9) Using GRFs in golf instruction – Dominant leg testing
- (10) PGA tour player example of 3D Motion Plate Data
- (11) PING Study examining 3D Motion Plate data of 105 golfers of various skill levels and the connection of the GRF variables to launch monitor data.

1-2 – Lunch

2-5 pm – Practical session – hitting on the plate and analyzing/using the data

Inscription : <https://shop.swingcatalyst.com/collections/seminars/products/paris-france>