LPGA Western Section

Seminar

YOUR 3D MOTION:
Latest from Biomechanical Orthopedic Research

Friday and Saturday, February 22 and 23, 2013

Boise State University at the
Ron & Linda Yanke Family Research Center – Boise, Idaho

INCREASE your knowledge of your game and potential for a lifetime, **PREVENT** injuries, **INCREASE** our skills as teachers, and also **INCREASE** your student's potential and **DISCOVER** your most efficient motion.

Host: Margie Andrews, LPGA T&CP Class B Member
208.585.7327 margie.andrews@lpgapro.com

Facility Location: Ron & Linda Yanke Family Research Park
220 East Parkcenter Blvd. - Boise, ID 83706

Speakers:

- **Ron Pfieffer**, PHD. Professor and Chair of Department of Kinesiology, Boise State University, Co-Director, COBR
- **Eric L. Dugan**, PHD. Associate Professor, Department of Kinesiology, Director of Biomechanics Research & Services, Center of Orthopedic and Biomechanics Research
- **Michelle B. Sabick**, PHD. Associate Professor and Interim Chair, Department of Mechanical and Biomedical Engineering
- **Genger Fahleson**, Idaho Golf Association Executive Director, former Director of Rules and Education at the United States Golf Association
- **Dr. Michael McClay**, Medical and Sports Psychologist specializing in sleeping and how it is affect performance, Elk's Hospital and St. Luke's Occupational Medicine

Certification: LPGA members will earn **8 LPGA Certification Units (CUs)**. Attendance will be sent to the PGA for appropriate MSR hours.

Fee: **LPGA MEMBERS: $125.00** **NON-LPGA MEMBERS: $160.00**

Accommodations: **SPRINGHILL SUITES BY MARRIOTT**
424 E. PARKCENTER BLVD. - BOISE, ID 83706
PHONE NUMBER: 208.939.8266
RATE: $79 PER DAY
CONTINENTAL BREAKFAST INCLUDED AND WALKING DISTANCE FROM YANKE RESEARCH CENTER.

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Meet your Speakers

	Ronald P. Pfeiffer, PHD is a professor & Chair in the Department of Kinesiology and Executive Director of the Center for Orthopaedic & Biomechanics Research (COBR). He is also a BOC Certified Athletic Trainer and a Licensed Athletic Trainer in the state of Idaho. For the past ten years his research focus has been identifying gender related neuromechanical factors that may be contributing to non-contact injuries to the anterior cruciate ligament in female athletes. Dr. Pfeiffer continues to serve as a volunteer athletic trainer for club and high school girls basketball teams in the Treasure Valley of Idaho.
	Eric Dugan, PHD is an Associate Professor with the Department of Kinesiology. Dr. Dugan's research interests include: injury mechanisms and related preventative strategies, the effectiveness of clinical intervention strategies, the effects of fatigue, structural limitations, and load carriage on various aspects of human motion and performance, and the influence of both short-term and long-term exercise protocols on various biomechanical aspects of human health and performance.
	Michelle Sabick, PHD earned her PhD in Biomedical Engineering from the University of Iowa and a BS in Biomedical Engineering from Case Western Reserve University. Prior to joining the faculty at Boise State, she worked as a biomechanics researcher at the Steadman Hawkins Sports Medicine Foundation in Vail, Colorado and completed a postdoctoral fellowship in the Department of Orthopedics at the Mayo Clinic. A faculty member since 2002, Dr. Sabick's teaching interests include biomechanics and undergraduate dynamics. She is director of the Intermountain Orthopedics Sports Medicine and Biomechanics Research Laboratory, located in MEC 105. Dr. Sabick is also co-director of the Center for Orthopedic and Biomechanics Research at Boise State, a consortium of several research labs on campus devoted to studying the human musculoskeletal system from a biomechanical perspective.
	Genger Fahleson comes to Boise from Far Hills, NJ where she has worked in the Department of Rules & Competitions for the United States Golf Association (USGA) since 1997. As the Director of Rules Education at the USGA, Fahleson oversaw more than 20 PGA/USGA Rules of Golf Workshops per year that were held around the country. She served as the Director of the U.S. Women's Mid-Amateur Championship (2002-2005) and Director of the U.S. Junior Amateur Championship (2005-2007). As well as serving on the USGA Women's Committee (1994-1996) and USGA Women's Amateur Public Links Committee (1993). She also served as a consultant to USGA Grants Department and LPGA/USGA Girls Golf Club and was a Rules Official at numerous U.S. Opens, USGA Amateur and Qualifying Events, LPGA Q-Schools, NCAA Championships and state, regional, and junior events.
	Dr. Michael McClay is a medical and sports psychologist with Elk's Hospital and St. Luke's Occupational; Medicine in Boise, Idaho. Dr. McClay has an extensive background in medical psychology and the treatment of sports related injuries. A subspecialty of Dr. McClay's is sports psychology. Dr. McClay has been the sports psychologist for the US Olympic Trials and he has also been the sports psychologist for the Pan American Games. Currently, he sees private sports related clients focusing primarily on performance enhancement which would include improvement concentration, intensity control,, cognitive modeling for improved technique.

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Agenda

Friday, February 22, 2013

9:00 am	**Registration at the Ron and Linda Yanke Research Center Classroom**
10:00 am	**Session I: Dr. Ronald Phieffer** presents
12:00 noon	**Lunch**
1:15 – 3:15 pm	**Session II:** **Michelle Sabick**, PhD – Presentation/Discussion of the study "A Multidiscipilinary Study of the 'Yips' Phenomenon: An Exploratory Study" **Eric Dugan**, PhD – Demonstration of the 3-dimensional motion capture of the golf swing in conjunction with a presentation/discussion of how it could be used as a tool for coaches. There will be two actual studies demonstrated.
3:15 pm	**Break**
3:45 – 5:00 pm	**Session III: Genger Fahleson** – The "Spirit of the Game" **The "NEW" RULES Genger on the Greenbelt!** We will be going outside to resolve some of the troublesome situations in regards to the 2012 new rules.

Saturday, February 23, 2013

8:30 am	**Registration at the Ron and Linda Yanke Research Center Classroom**
9:30 am	**Session IV: Dr. Michael McClay –** Sleep and How it Matters
12:00 noon	**Lunch** Conference Room
1:15 – 3:45 pm	**Session V:** The Study in the Research Lab: A personal discussion of golf related injuries and Your personal prevention strategies
3:45 pm	**Break**
1:00 – 4:00 pm	**Session VI:** The Study and Conclusion with Eric Dugan, Cara Mastersen and Margie Andrews – the basic biomechanical data collected on Friday will be presented. This includes an in-depth analysis of swing faults or prescriptions for improving performance. It will consist of an overview of the data available from this type of analysis and a discussion of how it may be used with (or by) a coach/athlete.

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Registration Form

WK13-W2 ~ *Your 3D Motion: Latest from Biomechanical Orthopedic Research*

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LPGA Members	Non-Members
☐ ✓ **$125.00**	☐ ✓ **$160.00**

Registration Deadline: Friday February 1, 2013

Name:_____ **LPGA ID #:**_____

PGA ID #: _____

Mailing Address:_____

City:_____ **State:**_____ **Zip:**_____

E-Mail:_____ **Phone:**_____

Method of Payment: ☐ **Check #**_____

☐ **Mastercard** ☐ **Visa** ☐ **AMEX** **Amt. To Charge: $**_____

Card #:_____ **Exp. Date:**_____/_____

Cardholder's name as it appears on the card:_____

Signature:_____

I understand and agree to abide by the following:

Payment Policy: Payment for the full program fee in **U.S. funds**, made payable to the LPGA T&CP Membership, must be included. Payments will be processed upon receipt.
An insufficient funds or returned check will incur a fee of 50% of the check amount or credit card charge plus a $25 U.S. bank charge.
Cancellation Policy: The program may be cancelled due to lack of the minimum number of participants required. **Cancellations received** two weeks or less **from the date of the program, and no-shows, will** forfeit 100% of the program fee.

Mail registration form with payment to:

Attn: Gwen Checho
LPGA
100 International Golf Drive
Daytona Beach, FL 32124-1092

or FAX to: 386-236-5920
or SCAN and email to gwen.checho@lpga.com