

# Melbourne Training Camp

Tino Weiss Daily Journal

24.11.2008 Day of Arrival:

**[www.golfmed.net](http://www.golfmed.net)**



After arriving in Melbourne, Ramsay picked me up from the airport and took me into a Motel which is located directly next to his clinic.

I was very tired after the long journey and we decided on me getting some rest before I would go and get a massage in the afternoon. At 1 o'clock I received a little introduction in what I will be doing over the next four weeks. I was getting very excited about the upcoming weeks. This excitement left me very quickly after I received the most painful two hour massage in my life. The muscles in my back were pretty loose, considering that I sat on an airplane for 20 hours. The pain really started to kick in when the treatment went to the hip flexors. When the therapist started working on my chest muscles, the pain reached a peak. It became clear already that over the next four weeks, this kind of massage treatment will be a main focus my preparation for 2009.

Tomorrow I will have my screening starting at 7:30 in the morning. After that, we will be able to start working out what will have to be done over the next few weeks.

## 25.11.2008 Getting Started

This morning at 7:30 in the morning my preparation for the 2009 season has officially started. Ramsay and Tom went through a full screening of my body. The screening reveals weaknesses in certain muscle groups. With this information we then looked at my golf swing and it quickly became clear that I will have to work a lot on my lower abs and my glut medius are not strong enough. In addition to that, my hip flexors are too tight and my upper abs are over active. After it became obvious that my upper abs need some attention, Ramsay stepped in and gave me the most painful treatment so far. He massaged my upper abs with such force that I have bruises all over my stomach. Therefore, I am hurting pretty bad tonight but as I always say: "No pain, no gain". I really hope that all this work is going to pay off.



After this painful experience we started with some exercises, which are going to improve my weaknesses. At the same time, Ramsay told me to stop using heavy weights in the gym. Even though I was just using rubber straps and some spiky balls I could really feel my muscles working. It will take some time to get used to this new method of working out for me but if I want to improve my golf game, this transition will have to be done. All in all, Ramsay thinks I have a very good foundation and an ideal body to be a golfer. But he also said that not everything I have been doing in the gym so far is good for my game. Bench press and shoulder presses are an absolute no go for me from now on. I am not very happy about this because I really like doing those kinds of exercises but I am determined to raise my golf game to another level, therefore I will take Ramsay's advice seriously and I will do everything that I will be asked to do.

I have a feeling that I will be in a lot of pain and doing a lot of hard work over the next four weeks. But this is exactly why I travelled all the way to Australia. I am already convinced that this training will help me to become a better player and coming closer to my big dream, the European Tour.

## 26.11.2008

After a little massaging and some strength exercises, I could go onto a driving range for the first time since I am here in Australia. Originally, it was planned that I will be playing 18 holes with two other young clients of Ramsay McMaster. Unfortunately, we had a big thunder storm over the golf course. Therefore, we had to wait a little bit and at the end there was just some time to hit some balls on the driving range. My swing felt really good and it felt like my exercises are already paying off a little bit.

Tomorrow I will be moving down to Moonah Links where I will be staying for the rest of the time. I will be living on the course and therefore will have a lot more time to focus on my golf game.



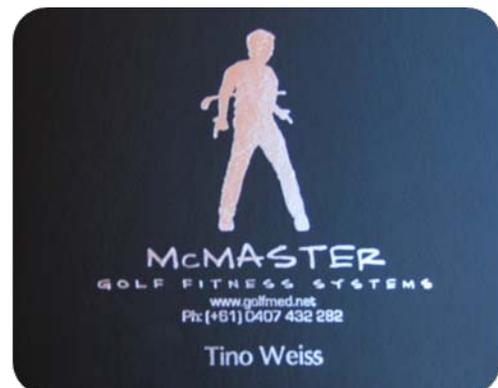
**MOONAH LINKS**  
THE HOME OF AUSTRALIAN GOLF

## 27.11.2008 New Location

After a light workout in the morning, Ramsay McMaster took me down to my new location, the Moonah Links golf facility. I will be spending the rest of my stay here in this resort. Moonah Links is the home of Golf Australia. Therefore, the practice facilities here are fabulous and I am living 100 meters away from a great short game facility. I am planning on focusing a lot on my short game during my preparation for the 2009 season. Consequently, this is the perfect setup for me to do this. I am staying in a 4 bedroom house about 500 meters away from the clubhouse where I will be eating most of the time. At the moment I am sharing this house with Tom, my massage therapist during my stay here and Dany, an Australian national team player. Both of them will not be staying here the whole time. I am not sure if I will be living by myself or if I will get somebody else to room with during my four weeks while I am here.

After I got settled into my new location I spent two hours on the pitching green. My touch is a little bit out of sync but it will not take long for me to get back into the rhythm of things.

Ramsay has already worked out a schedule for the next week and I will be very busy doing work with the 3D specialist, massages and workouts. Tomorrow will be the first of many physically challenging days. I will be going down to the beach with Ramsay and train in the sand. Out of experience, I know that those kinds of workouts will be mentally and physically very tough but I am up for the test and ready to give it all I have.



## 28.11.2008 One Long Day

Today was my first training on the Australian Beach. I did not think that I could be out of breath in such a short amount of time. And I certainly did not think that a 46 year old man would beat me in any kind of physical activity but both became true.



Ramsay is obviously not doing this kind of exercising for the first time but it was amazing what kind of conditioning this man has. Equipped with a tube belt, a rubber strap and two spiky balls we ran over the beach crawled up and across the sand dunes. 20 minutes into the workout I felt like I could not move any more. I have not felt this exhausted in a very long time. Ramsay definitely put me into my places. While I crawled up the sand dunes 8 times, he would do it 13 times without a problem. I have a long way to go. The goal is to be able to do 18 sand dune crawls by the time I am flying back home. At the moment this seems not possible. We did a variety of exercises in the sand, most of the time going backwards or on all fours. Even though Ramsay told me that I did a good job for my first time I have a long way to go until I reach the required stage of performance.



In the afternoon, I spend four hours with Scott, strength and conditioning trainer. We looked at the videos of my screening and did some more test in order to find out what kinds of exercises are necessary to improve my weaknesses. Every exercise was photographed so I would later remember what I have to do. I will have to meet up with Scott a few more times and we will work out a program for me to do in the gym.

After I was done with Scott, I had a little recovery massage and was quite happy to relax a bit. I ended my day with a session on the pitching green.

It was an extremely tiring day today but I like the work we are doing very much and I am sure that I will benefit a lot from all this. Tomorrow, I have a light day what workouts concerns and I will be able to focus more on my golf. In the afternoon we have planned to play 18 holes on Moonah Links.

## 29.11.2008 Golfing Day

After nearly a week I finally could sleep 8 hours in one piece. I seem to get over the jet lag slowly. Another reason for my good sleep might have been the sand dunes. I was very tired when I went to bed.

Never the less I made myself get up at 7:30. I ate a good breakfast and went through my new strength exercises. At around 9:30 I went to practice. After some putting I went to the Driving Range and had to discover that my swing is not quite where it should be. Out of experience I know that this is quite normal after a break and after working out quite hard. I have to get adjusted to the changes in my body which should not take very long. In the afternoon I played 14 holes on the Open course of Moonah Links. The windy conditions made a already tough golf course even tougher and I was quite happy the way I managed my

way around the golf course. The score was not any good but I could tell that it will not take long until I am back in my old form.



The reason why I only played 14 holes was because I was invited for dinner at Ramsay McMasters' house. We talked a little bit about what is going to happen in the next week. After next week I should be at a point where I exactly know what I have to be working on, on and off the golf course. Therefore I am very excited about this upcoming week. Before I will be able to enjoy that I will have to survive another sand dune day tomorrow. Even though we will have a lighter workout than yesterday, Ramsay wants me to do the dunes 6 times in a row, which are 2 more than yesterday. My goal is to do 7 climbs!

### **30.11.2008 a Productive Sunday**

This Sunday morning I found myself on the Beach at 10 o'clock in the morning wearing a rubber belt and a rubber band around my knees. It was time for day two of the dune training. I was surprised about my performance. The first time I managed to do 4 climbs up the dune in a row. My goal was to do 5 today but Ramsay expected me to do 6. Because Ramsay wanted me to do 6 I decided to go for 7! After 7 climbs up the sand dunes I felt like I could do one more so I ended up with 8. This is double of what I did two days ago. I hope I can keep improving in that rate.

After a small lunch and some down time in the house, I went to the practice facility on Moonah Links. I was amazed how good my golf swing felt after the early morning training. I started to hit the ball really well and had a very good 4 hour practice session. At around 6 o'clock I did some more fitness exercises in my room to finish the day. All in all I have to say, this was a very productive Sunday.

Tomorrow I will start my day at 8 o'clock on the driving range. I will have a two hour biomechanics session with Ryan. With the help of sensors we will be able to get a very detailed report about my movement in my golf swing. This data allows us then to create a very specific strength and conditioning program which will help me to improve and stabilize my swing in a more effective way.

### **1.12.2008 Educational Day**

It is now exactly one week since I have landed in Melbourne. For some reason it feels like much longer than that. The reason might be that I have learned something new every day and today was not any different.



My day started at 8:30 with Ryan, the biomechanics guy. With the help of sensors we made a digital image of my golf swing. This helped us determine very precisely which muscles I am using and which are not active enough. Ryan has a 10 year experience in this field and is very knowledgeable. He found my weak spot very quickly, which was my right knee at address.



We then started with some exercises to enhance my body awareness. These exercises were physically pretty challenging because they made me utilize muscles I have hardly ever used before. At the same time it became obvious why I could not achieve certain expectations I had concerning my technique. With this information I can work on certain muscles areas very precisely which will help me to get into positions in my swing I could not have gotten before.

With the help of the information from Ryan, I then sat down with Scott and we started working on a conditioning program for me. These exercises are specially picked out for the physical weaknesses that I have. It will take some more time until we have fully worked out the whole program but we have gotten off to a very good start today.

Tomorrow morning I will be going to the sand dunes at 7:30. Alex Noren, Richie Ramsay (both European Tour), Wilhelm Schuman (Challenge Tour) will be going as well. This will make the workout much more fun and challenging at the same time because everybody wants to be better than everybody else.

**2.12.2009**

I had the earliest wake up call so far here in Australia today. The alarm rang at 6 o'clock in the morning. The reason for that is the 7:30 beach training. I wanted to give my stomach a little bit of time to digest a little bit of breakfast before the exhausting workout. My goal today was to up my dune climbs to 10! After having reached my goal I decided to do two more in which I raced another guy up the hill. It was a lot of fun but after the last climb my legs were like jelly. I could hardly stand upright. I had good company down at the beach with



**Alex Noren, Richie Ramsay, and Wilhelm Schuman.** It seems that even though those guys have an edge on my on the golf course I seem to be physically a few levels ahead of them. This is very motivating and gives me confidence which I will be able to take to the golf course as well.



After a recovery bath in the extremely cold sea, we got ready for a long day at the golf clinic. Once again, a lot of information was provided to me. I started with a session with a Nutritionist, followed by training in the gym where Scott and I started working on an all year program. This will include in season, off season, tournament workouts and also exercises that I will be doing with and without the help of a gym. I was amazed how hard I can work my body only working with my own body weight.

After a 1.5 hour massage session, I ended my day with two hours of biomechanics. We reinforced the feel I should have during the golf swing and finished the lesson of with some self awareness exercises. These exercises are just like a workout in the gym. After already

two workouts, I was getting very tired doing these movements. I was glad once my day was over and I could relax a little bit.

Tomorrow will look very similar today. We will have a light workout on the beach and the rest of the day at the clinic working out, getting massages and doing biomechanics.

### **3.12.2008 a Productive Day**

Once again an early morning wakeup call at 6 am. Alex, Richie, Wilhelm, Ramsay, and I had a light beach training in the morning before we had some fun playing beach cricket and doing some regeneration work in the sea.

Next on my schedule was a massage session with Tom. We again worked on my problem areas which restrict me in my golf swing. This includes mainly my traps and QL's. My hip flexor would be another problem area but I am too ticklish in order to get a good massage on those muscles.

After lunchtime, I met up with Scott to keep working on my yearly gym program. We figured out some more good exercises for me and took pictures of me performing those. Later we will put these pictures into my program so I will know what I have to do during the whole year. We are still not quite finished with putting everything together but after another couple of hours tomorrow, I think we will be pretty close of having everything together. I am working with a lot less weight than what I used to put because we "golferized" all of the exercises, they became much harder and I get more out of less. I am very excited about the ideas that Scott has. With his help I will be able to regularly exercise even when I do not have access to a gym. The best of it all is that every exercise is designed especially for my weaknesses in my swing and reinforces the correct movements during the swing.

My last session of the day was with Ryan and biomechanics. Already after two days of work, my numbers in the biofeedback machine have improved. I never thought that it was possible for me to make changes this quickly in my swing and actually being able to have a consistent ball flight right away. Because everything I am doing at the moment is focusing on the same problem in my swing, I find it easy to move my body the way I want it to move. Certain muscles just had to be activated first before I could start using them. Obviously, it will take much more time to get used to the corrections but with all the information and help I have gotten the last week. I will be able to perform the changes quicker and in a more effective way.

A very hard sand dune session is expecting us tomorrow morning. It will be a very hard workout which will not only test our physical fitness but also our mental strength. My goal is to be able to do 15 dune climbs tomorrow which will put me only three short of the desired 18! In the afternoon we are having a short game session/competition between us players. It will be interesting seeing and learning how other players hit certain shots. I am sure we are going to feed from each other's ideas and inputs.

## 4.12.2008 a Productive Fun Day

Just like any other day this week, we started our day on the beach of Sorrento. We knew it would be a big/hard work out because everybody was expected to go to his own limit. The ultimate test, as usual, was the dune climbs. My personal goal was to get my own record to 15. I did not think that I was quite ready to go all the way and do 18. The first four crawls up the hill were challenging but then I got into a good rhythm and before I knew it I had 14. Everybody else had done around 10 climbs. Just Ramsay and I were still going. When Ramsay finished his 18<sup>th</sup> climb, my competitive nature kicked in and I would not allow myself to quit before I reached that number as well. It took all of my willpower but I made it all the way to 18. This was a very satisfying feeling, knowing that this seemed to be way out of reach just six days ago. I even impressed Ramsay with this performance, which made me feel even better.

After a  
exercises  
beach, our  
group  
another  
where we  
some  
cricket.  
fun way to  
bit of a  
workout  
keep our  
It was a lot  
everybody  
good time.  
brunching  
clinic, it  
to



few more  
on the  
whole  
headed to  
beach  
played  
beach  
This was a  
get a little  
cool down  
and to  
spirits up.  
of fun and  
had a very  
After  
at the golf  
was back  
business

and I had a very much needed massage on my legs and on my back. I could feel how my muscles started to tighten up after the very specific workouts of this week. In the afternoon I spent some time on the putting green before I met up with Scott to finalize my work out routine for the year. I am very excited about this program because it will allow me to adjust my training to every possible situation I will be facing within a year. This includes tournament week, off weeks, multiple off weeks in a row, exercising in and outside a gym, and daily maintenance exercises. Therefore, I will always know what to do in order to keep my body in perfect shape and ready for upcoming events.

We finished the day just like we started it with a little bit of fun on the pitching green while we had some delivery pizza. A little short game competition rounded out a very fun but productive day.

Tomorrow I will be able to focus a little bit more on my golf game after we have another light session on the beach in the morning. At 6 o'clock I will be meeting up with Scott again to hopefully finalize my work out program.

## 5.12.2008 some down time is needed

Just like any other day this week, our whole group went to the beach in the morning. Today, we only started at 8:30 which nobody seemed to mind too much. Everybody seems a little bit worn and I can say that I need some well earned rest this weekend. My energy is getting very low from all the hard work this week. Never the less, we had a good work out this morning on the beach doing different exercises in the sand. For once, we left the sand dunes out and focused on other things. I will tackle the dunes again next week. This weekend I will focus mainly on my golf game and do some recovery work in the gym. After our session on the beach, we players went back to Moonah to eat lunch and everybody had an individual afternoon. The only meeting I had was one hour with Scott at 6 o'clock to finalize my gym program. Now, Scott will put everything into a power point and will produce some cards with all my exercises on them. I will then be able to just pull the appropriate card out of a folder and I will know what kind of work I have to do. This will be a big help during the next season and this way I will always be able to keep fit throughout the whole season.



Before I had the meeting with Scott, I had a very productive few hours on the driving range and on the putting green. I will have to work very hard during the next couple of weeks to get used to the feel I am supposed to have in my swing. I am confident though that I am working on the right things.

## 6.12.2008 Signs of Fatigue

When I woke up this morning, I realized very quickly that something is not quite right. I had a very hard time swallowing and the joints of my legs hurt. My body was telling me to take it easy. Fortunately, the only thing that I had planned on doing was play a round of golf on the Open course on Moonah Links. I did not feel good all day and when the guys played

beach cricket in the evening before we went for dinner, I had to pass because I just did not have the energy.

After dinner I went back to my house and went straight to bed. I hope I do not get ill. I will definitely take it easy tomorrow and let my body recover so I can keep practicing the way I want. From now on I will be on my own for my last two weeks here in Australia. All the other guys are leaving tomorrow. This gives me the chance to really focus on what I have to do.

## 7.12.2008 Recovery Day

The whole week I planned on taking it easy this Sunday. After feeling some signs of a sickness coming yesterday, I was not going to change this plan. I spend a lot of time doing nothing today. I did some laundry and spent about 45 minutes on the putting green.

Tomorrow, I will go back to work starting with a workout in the gym. The rest of the day I will be spending working on my golf game with a special attention on my short game.

## **8.12.2008 the Real Life**

Today was my first day without anybody around and I had to schedule the whole day myself, just like in the real life! I was planning on starting my day around 9 o'clock and I did not set an alarm clock expecting to wake up before that. Unfortunately, I only woke up around 9:30 am. My body must have needed the rest because I felt much better and I was ready to start some serious practice. I started my day with a two hour gym session, trying some of my new exercises. It was a relatively light workout but considering the fact that I was feeling very weak over the week end, it was just what I needed.

Following the gym I went to the pitching green and worked on my distance control from within 30 yards. My feel is already much better than one week ago. It felt very good being out there and getting ready for next season. I can feel that my internal fire starts to burn again and I can't wait to start my season in Turkey in January.

Because I am on my own now, I had to rent a car so I could get around a little bit and therefore, keep up the training on the beach as well. After I picked up my white Toyota, I had a very productive two hours on the driving range where I worked on my body awareness. I finished the day with some work on the putting green. I realized that I started to think too much when I was standing over my putts. Therefore, I focused on being totally relaxed in setup and on my putting routine. Shortening my time over the ball helps me to keep me relaxed and let the putter swing. I started to get a really good feel for my putter. I have to keep working on this and I am sure it will improve my putting stats next year.

## **9.12.2008 Rainy Day**

My first task today was once again the beach. This time I was on my own, which made it very tough to go all the way because I did not have anybody pushing me. My goal was to do 12 hills today but I had to stop after 10. I was a little dehydrated and I still felt the effects of the cold I had this past week end. I still spent over one hour on the beach which resulted in a decent workout.

Once back in the house I had to write a few e-mails and organize a few things concerning the upcoming season. In the meantime it started to rain very hard. In one way this was good for the dry environment down here on the other hand was it too much for me to go out there and practice. Around four o'clock, the rain was manageable and I could at least work on my short game for a few hours. My pitching still needs a lot of work. The firm greens down here

require exquisite touch in order to get the ball close to the hole. It is a shame that we never find such conditions in Switzerland.

After dinner I did some spiky ball exercises which helps me to loosen up some of my tight muscles. Over time, this will allow me to move better in my golf swing and get a better feel for my movements during the swing.

## 10.12.2008 Getting Better

This was another very productive day. In the morning I spent 90 minutes in the gym trying out some of my new exercises.

I am very amazed that just by altering a few exercises the slightest way and using hardly any weight, I can get exhausted like I do. I used to lift heavy weights and did not get half as much



out of the workout as I am doing now with using less than half the weights I used to. All these exercises are designed to help my golf swing. That means that I am never isolating one single muscle in one exercise. It is all about sequencing the movements, just like in the golf swing. This makes the exercises very hard but very effective. The good thing about those exercises is that I do not necessarily need a gym

to workout. Therefore, I will be able to train just by using my hotel room in an effective way.

After a light lunch in the clubhouse I spent 3 hours on the driving range hitting two buckets of balls. I am starting to get a better body awareness. This allows me to get a better feel for the improvement I am planning on doing in my swing. For the first time in the last four months I am hitting a slight right to left ball flight again. This smooth draw proves to me that I am doing the right thing and my body starts adjusting to the swing changes. I am having a lot of fun hitting the ball like that. Never the less, in golf money is earned on and around the greens. So I spent the next 3 hours on the short game facility. I discovered that I am making the same mistake when I chip/pitch the ball as I do in my full swing. By keeping my hips more stable in my backswing, my shots get much more consistent. I laid out a three by three foot square on the pitching green and the goal was to fly five consecutive balls into that square with all four of my wedges. This exercise took me a while to complete but eventually, with the help of the corrections mentioned above, I fulfilled my own requirement. The last

hour of my practice day I spent on the putting green working on my pre shot routine.

After a short spiky ball massage session, I felt very satisfied about my day. It was a very productive day, during which I could see and feel myself getting better. Now I am already preparing myself for the early morning wakeup call before I go down to the beach once again. My goal is to get 18 climbs on the dunes tomorrow. This task is mentally very challenging especially taking into account that I will have nobody to push me to go over the necessary pain level.

### 11.12.2008 Satisfying Day



A 6:30 am wakeup call was the start into my day. About 90 minutes later I found myself on the beach starting my workout. I could soon feel that I felt much better than two days ago. I made sure that I would be hydrated enough this time by drinking plenty of water last night and this morning. I reached my goal of 18 dune climbs relatively easily so I decided to go into a “playoff” and do two extra climbs.

A playoff is a win or lose situation. Because I want to win, I gave it all I had for the two extra “holes”. I could barely stand upright once I reached the top of the hill for the 20<sup>th</sup> time but at the same time I knew that this extra effort will eventually pay off. I felt really good about the way I could push myself to give it all I had. At the same time I realized how much stronger I have gotten compared to when I first arrived in Australia.

After this very satisfying workout and a well needed shower, I wandered to the short game area where I spent the next 2.5 hours. For the second time today I could see results of hard work paying off. I worked on the same pitching drill as I did yesterday where I am trying to land 5 consecutive balls in a 3 by 3 foot area. I completed the exercise with all four wedges much easier today than I did yesterday. My control over my ball flight in my pitching has tremendously improved by doing this exercise. I then had to cut my putting practice a little short because the flies down here just got too annoying. I have not mentioned this yet but I have never seen as many flies on one spot as down here.

After a one hour break, I had a 2 hour Pilates session with Scott Williams. He also gave me the first half of my workout sheets for next year. Once again, I learned many new exercises in that two hour session which mainly focused on stabilizing the core and the gluts.

Having returned from this second workout of the day, I spent 45 minutes on the putting green in order to catch up on the missed practice in the afternoon. I am very happy about the way my putting is progressing and I am starting to get a very good feel for my movement and the ball. At the same time my confidence is rising that I am working on the right things which will have a big impact on my performance next year.

I feel very good about today. It was a very productive day with many positive aspects. Tomorrow I would like to go out and play 9 holes sometime during the day. Because I did not reserve a tee time, it will all depend how busy the courses will be tomorrow.

### **12.12.2008 Short Day**

This morning I had a very hard time getting out of bed. Eventually, I made it to the gym and I had a very good 90 minute workout. I do like my new exercises a lot and I like having a good plan of what I will be doing each day. This makes my workouts and trainings much more efficient. I was planning on playing some golf in the afternoon but unfortunately the weather denied that idea with very hard rain. Therefore, I spent about 1.5 hours on the driving range before I had to call it a day. It is a shame that I could not go out on the course because I was hitting the ball as well as I have ever done before. I could really feel the movements in my body and the changes started to kick in. Even though it was a very short practice session today, I am very happy about my achievements. I will need another few really good practice sessions for these changes to really sink in but I am confident that I am on the right track.

### **13.-14.12.2008 Lazy Weekend**

After returning my rental car on Saturday I went up to Melbourne for the weekend. Fraser, a young player from Scotland who spends most of his time in Australia, lends me his car for the next 10 days. Because the weather made it impossible to practice this weekend I decided that this is a good opportunity to spend some time with some friends and let the clubs rest for a couple of days. It was a very fun weekend and I could fully charge my batteries for one last hard week of practice down here in Australia.

### **15.12.2008 Sprint to the Finish**

Today, the last week of my stay in Australia has started. This means I will work as hard as I can for the remaining days. Originally, I planned on going to the beach this morning to do some dune training. The temperature this morning was so low that I decided otherwise and went to the gym instead. I had a very productive 2 hours in the gym where I tried once again a few of my new exercises. So far I am very pleased with this new way of working out. I can feel how my "golf" muscles are working and get activated.

In the afternoon I worked intensively on my golf game. At last, the weather started to clear up and the temperature started to rise. My swing did not quite feel as good as it did last week but even then, the balls were going straight. I am very excited about the improvements I am making and I already know that it was well worth it coming down here and investing some money into this kind of coaching.

At 4 o'clock I took a little break and used the time to do some Christmas shopping. At the same time it was a little time out from all the flies that are flying around. At 5 o'clock I went back to the short game area and spent another two very good hours on and around the green.

Tomorrow, I will have a chance to see Ryan one more time to do some biomechanics. There I will see if my swing has improved as much as I think it has. This appointment was not planned but Ryan is in town for one day and I had to grab the opportunity to work with him for a couple of hours. I believe with the help of biomechanics and Ryan's knowledge about the human body, I will be able to raise my game to the next level.

## **16.12.2008 Golf Day**

Because I was seeing Ryan Lumsden early in the morning I could not start my day with any kind of physical work for once. Ryan and I worked for nearly three hours together and I was amazed how much better my swing is looking already. Everything looks more compact and much more stable. This confirmed on the feeling I had about my swing. It is always good to get some confirmation. At the end of our session, Ryan gave me all my data, so I will be able to refer back to all the work I have done with him so far. Everything is recorded on video, so it will be impossible to forget or misunderstand anything.

At 2 o'clock, I was back in my house and I took a little break. The weather finally started clearing up and I decided to finally play some golf. Therefore, I went out on the Open course and played 18 holes for the first time since my arrival in Australia. All my shots were really good and my short game was on a pretty good level as well. Only my distance control with shots into the green was very bad. I will have to do some work on that, especially with my wedges.

Because I spent nearly 3 hours in the car today, I did not do any kind of workout today. I wanted to work on my golf game and it was another successful day on the way to the '09 season. I really would like to hit the dunes a couple more times before I leave but the weather has been very bad in the mornings so far. I hope this will be different tomorrow.

## **17.12.2008 Slow Day**

For the first time I since starting this training camp I had a hard time to motivate myself for practice today. It took me a while to finally leave the house after I realized that once again, it is no day for beach training. The last few mornings were just too cold to go down to the beach. Once I was in the gym, the motivation was back and I had a good 2 hour workout. I

still felt the soreness of all the other workouts this week. This is a good sign; it proved to me that what I am doing is working.

On the Driving Range I experienced a little downer. I just could not get the feel for my swing like I did the last few days. My timing was just a little off and my body was fighting against this new movement a little bit. After playing golf competitively for about 12 years now, I learned not to panic in such situations. If I would hit it great all the time already, I probably would not be doing it right. It just takes time until the changes work themselves into my muscle memory.

On the other hand, I had a lot of fun around the pitching green today. Within 60 minutes of practicing out of bunkers, pitching from 30 yards and chipping, I holed out seven times. My approaches finished considerably closer to the holes than on any other day up until today.

Even though I started kind of slow into the day, I still had a productive day and I keep seeing improvements. As long as this is the case, I am on the right track. I really hope for some sunshine in the morning tomorrow so I can finally do some beach training tomorrow.

## 18.12.2008 Getting Tired

After fighting myself about going to the beach I finally jumped over my shadow and went. I had a good 70 minute session on the dunes. I was pleased to see that even in my conditioning I am feeling improvements. Even though I have always worked hard on my fitness, I might be in the best shape I have ever been and it is only going to get better from here. I feel like I will have a big advantage over my opponents next year in this area of the game. I have a very precise plan on how to work on my physical shape over the whole year so I will be able to maintain my conditioning and strength throughout the whole season. All I need is a little dedication.

Because I was not hitting the ball very well yesterday, I wanted to focus on my long game a little bit more today. I spent three hours on the driving range which might have been a little too much. After two hours of hitting balls, for the first time in my life, I got physically too tired to make a quality golf swing. The exercises I am doing on the driving range are very challenging on the body and I really felt that today after the hard beach training in the morning. When I got back to my house my whole body was aching and I needed to do some spiky ball massage exercises in order to loosen up my back again. Despite my tiredness, I was hitting the ball a little better today compared to yesterday. After a while I realized that I was just thinking too much about my technique. Therefore, I spent the last 45 minutes of my practice by just hitting the ball to a target without having any swing thoughts. This kind of practice is important especially before tournament play because I do not want to think about what to do in order to get the ball from A to B.

Tomorrow I will be playing some golf with Ramsay in the afternoon before I have another two hour session with him. In those two hours we want to finish up all the work we did over the last few weeks and make some reminder cards so I will always know what kinds of exercises I have to do. At 6 o'clock I have a very much needed massage session. Because I am working my back very hard at the moment, it is very tight and needs some loosening up. This should also help me to start hitting the ball more solid again.

## 19.12.2008 Ready for the coming Year

After being worn out after practice yesterday, I decided to not work out in the morning today. Instead I just did a few light daily maintenance exercises before I went out to play nine holes with Ramsay. After a few holes I started hitting the ball very well again. I feel more and more confident about the upcoming winter series at the end of January.

Ramsey and I had a fun nine holes but after the fun it was back to work. We finished my whole program and set up all my exercises for next year. Again, we made a reminder card with pictures and descriptions so I would always know what kinds of exercises I have to do and how I have to do them. At the same time we compared my body with pictures when I first arrived in Australia. It was amazing to see how much my posture and movements have changed in such a short amount of time. I am much less bulky than what I used to be and I am able to separate my upper from my lower body much better. Obviously, I am a long way from where I want to be but I am definitely on the right track.

To finish my day I had a one hour massage. My neck and back were unbelievably tight and I had to get some work done on those muscles. Once again, the treatment was painful but I felt much better afterwards.

Tomorrow morning I am planning on hitting the dunes very hard. Anything below 18 climbs of the dunes will be unacceptable.

## 20.12.2008 Tough Time

Today I had a very hard time to get going. It took me three hours in the morning to finally leave the house and go down to the beach to do some training. I am starting to feel a little lonely and it is time for me to go home. Training by myself was fine up until now. I could focus on what I had to work on and did not have to look for anybody else. Now, things have changed and I would like to have some company which could push me to put in the extra effort. Right now, it just takes me a long time to get motivated to go to work.

Once I was down on the beach, I was fine. I fulfilled my requirement of 18 climbs and had a good one hour session on the beach. After lunch I ran into the same problem as in the morning. I just could not get going. This really annoyed me but it is tough to keep pushing myself without anybody around. Despite all that, I had a successful afternoon and I practiced late into the evening. My ball striking is coming back again and my swing feels more and more natural.

Back in the house, I did some spiky ball treatments on my problem areas like my neck, traps, hip flexors, and TFL's. I will have to do a lot of work on those areas. All these muscles are really tight and limit my movement in my swing.

I have to hang tough for another two days and then it will be time to pack up and go home. I am very much looking forward to spending Christmas with my family.

## 21.12.2008 The End is near

At 7:30 am I teed it up on the Open Course at Moonah Links. I played with Scott Williams and a friend of his. It was a fun round and I played very good golf. I hit the ball as consistent like never before. Everything seems to come together. I am starting to feel very comfortable with my swing and I hit a lot of quality shots. I am more and more convinced that I am working on the right things and all this work here in Australia with the help of **Ramsay McMaster (Physio)**, **Scott Williams (Strength and Conditioning)**, **Ryan Lumsden (Biomechanics)**, and **Tom Doran (Massage therapist)** will help me to make it to the next level.

After this very satisfying round of golf I hit the gym very hard in the afternoon. Everything I do directly relates to my golf swing and I am starting to feel the important muscle groups more and more. Everything is coming together just at the right time before I am heading back to Switzerland. I know now exactly how I will have to work for the upcoming month. I improved my body awareness to such an extent that I can detect wrong movements myself and this will obviously help me a lot in improving my performance.

## 22.12.2008 Perfect Preparation

This was the last day of my stay here in Melbourne. It was a very hot day, too hot to practice. I took the time to relax a bit and take care of a few things before. I would leave tomorrow morning. I will be going down to the beach for the last time together with Ramsay before I will be heading north to the airport.

Looking back at these last four weeks, I could not have had a better preparation for the upcoming season. I am glad that Volker and Stefan convinced me to go to Australia now and not in February. All the work I have done now needs some time to getting used to. I have a lot of time now to adjust my swing and train the right way. This way I should be fully prepared by the time I am starting the 2009 season. This training was so successful that I am already planning on coming back here next December.



*Beach Training 1997*



*Ramsay McMaster*



*Beach Training 2008*